

Anthony & Sons Bakery, Inc.
Nutrition Label Report
Boiled Bagels Onion

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Nutrition Facts	
1 serving per container	
Serving size	4 oz (113g)
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Amount per serving	
Calories	280
Calories from Saturated Fat 0	
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	% Daily Value
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 470mg	21%
Total Carbohydrate 57g	21%
Dietary Fiber 2g	8%
Total Sugars 4g	
Includes 3g Added Sugars	6%
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Protein 10g	
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Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 2.6mg	15%
Potassium 60mg	2%
Magnesium 5mg	0%

INGREDIENTS: Unbromated Unbleached Enriched Wheat, Flour(Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Salt, Malted Barley Flour (Contains Wheat), Honey Powder (Honey, Maltodextrin), Contains Less Than 2% Of Mono- And Diglycerides, Molasses Powder (Molasses, Wheat Starch), Hydrolyzed Wheat Gluten, Ascorbic Acid (Vitamin C), Enzymes., Granulated Onion, Yeast, Allergen: This Product has been Processed in a Facility where, Wheat, Soy product are present.
CONTAINS: WHEAT