

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

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<b>Nutrition Facts</b>	
1 serving per container	
<b>Serving size</b>	<b>4 oz (113g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>280</b>
Calories from Saturated Fat 0	
<b>% Daily Value</b>	
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 470mg	<b>21%</b>
<b>Total Carbohydrate</b> 56g	<b>20%</b>
Dietary Fiber 3g	<b>10%</b>
Total Sugars 4g	
Includes 3g Added Sugars	<b>6%</b>
<b>Protein</b> 10g	
Vitamin D 0mcg	0%
Calcium 70mg	6%
Iron 2.8mg	15%
Potassium 30mg	0%
Magnesium 15mg	2%

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., Poppy Seed, Yeast, Allergen: This Product has been Processed in a Facility where, Wheat, Soy product are present.  
 CONTAINS: WHEAT