



WHAT A BAGEL Nutrition Information

	Serving Size	Weight (g)	Calories	Calories from fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)
Plain White	1 bagel	100	260	26.1	2.9	0	0	0	532	50.7	2.6	1.7	7.1
Pumpernickel	1 bagel	100	261	25.2	2.8	0	0	0	213	50.9	2.6	1.7	7
Cinnamon Raisin	1 bagel	100	270	23.4	2.6	0	0	0	188	55.4	2.9	9.6	6.6
Multigrain	1 bagel	100	268	25.2	2.8	0	0	0	218	52.3	2.9	1.8	7.6
Flaxseed	1 bagel	100	274	39.6	4.4	0	0	0	204	50.4	3.6	1.8	7.6
Rye	1 bagel	100	263	27.9	3.1	0	0	0	211	51.2	3.4	1.7	7.4
Sundried Tomato	1 bagel	100	266	35.1	3.9	0	0	0	562	49.9	2.6	1.9	7
Chocolate Chip	1 bagel	100	281	40.5	4.5	1.5	0	0	204	52.5	2.8	6.2	7.1
Whole Wheat	1 bagel	100	255	32.4	3.6	0	0	0	513	49.4	3.5	1.8	7
Sesame Seed	1 bagel	100	261	33.3	3.7	0.5	0	0	502	49.1	3.1	1.6	7.7
Poppy Seed	1 bagel	100	259	30.6	3.4	0	0	0	503	49.1	3	2.4	7.7