

Bagels

White Sesame Seed Bagel

Nutrition Facts	
Valeur nutritive	
Serving Size 1 bagel (90g)	
Portion 1 bagel (90gr)	
Amount	% Daily Value
Teneur	%valeur quotidienne
Calories/Calories 240	
Fat/Lipides 4 g	6%
Saturated/ satures 1 g	
+ Trans/ trans 0 g	5%
Cholesterol / Cholesterol 0 mg	0%
Sodium / Sodium 470 mg	20%
Carbohydrate / Glucides 43 g	14%
Fibre / Fibres 2 gr	8%
Sugars / Sucres 2 g	
Protein / Proteines 7 g	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	140%
Calcium / Calcium	8%
Iron / Fer	20%

Whole Wheat Flax Bagel

Nutrition Facts	
Valeur nutritive	
Serving Size 1 bagel (90g)	
Portion 1 bagel (90gr)	
Amount	% Daily Value
Teneur	%valeur quotidienne
Calories/Calories 234	
Fat/Lipides 3.9 g	4%
Saturated/ satures 0.6 g	
+ Trans/ trans 0 g	4%
Cholesterol / Cholesterol 0 mg	0%
Sodium / Sodium 533 mg	22%
Carbohydrate / Glucides 44 g	14%
Fibre / Fibres 4 gr	16%
Sugars / Sucres 1 g	
Protein / Proteines 9 g	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	160%
Calcium / Calcium	5%
Iron / Fer	20%

Jalapeno N' Cheese Bagel

Nutrition Facts	
Valeur nutritive	
Serving Size 1 bagel (90g)	
Portion 1 bagel (85gr)	
Amount	% Daily Value
Teneur	%valeur quotidienne
Calories/Calories 257	
Fat/Lipides 3.7 g	5%
Saturated/ satures 1.3 g	
+ Trans/ trans 0 g	7%
Cholesterol / Cholesterol 12 mg	5%
Sodium / Sodium 600 mg	25%
Carbohydrate / Glucides 43 g	15%
Fibre / Fibres 3 gr	10%
Sugars / Sucres 3 g	
Protein / Proteines 8 g	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	150%
Calcium / Calcium	10%
Iron / Fer	20%

Multigrain Bagel

Nutrition Facts	
Valeur nutritive	
Serving Size 1 bagel (90g)	
Portion 1 bagel (90gr)	
Amount	% Daily Value
Teneur	%valeur quotidienne
Calories/Calories 234	
Fat/Lipides 2.7 g	4%
Saturated/ satures 0.7 g	
+ Trans/ trans 0 g	4%
Cholesterol / Cholesterol 0 mg	0%
Sodium / Sodium 522 mg	22%
Carbohydrate / Glucides 45 g	14%
Fibre / Fibres 4 gr	14%
Sugars / Sucres 2 g	
Protein / Proteines 9 g	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	162%
Calcium / Calcium	7%
Iron / Fer	18%