

Nutrition Facts

Per (116 g)

Calories 310

% Daily Value*

Fat 6 g 8 %
Saturated 2.5 g 14 %
+ Trans 0 g

Carbohydrate 53 g
Fibre 4 g 16 %
Sugars 7 g 7 %

Protein 11 g

Cholesterol 10 mg

Sodium 510 mg 22 %

Potassium 175 mg 4 %

Calcium 30 mg 2 %

Iron 3 mg 17 %

*5% or less is **a little**, 15% or more is **a lot**

Ingredients: Bagel, whole-wheat (multigrain), Butter, light, salted

Contains: Wheat, Milk, Gluten