



Nutrition Facts
EVERYTHING BAGEL

Nutrition Facts	
Serving Size 4 oz (113g)	
Amount Per Serving	
Calories 280	Calories from Fat 10
Calories from Saturated Fat 0	
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 660mg	28%
Total Carbohydrate 53g	18%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 11g	23%
Vitamin A 0% • Vitamin C 0%	
Calcium 2% • Iron 20%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: HIGH GLUTEN FLOUR, WATER, SALT, SUGAR, YEAST, SESAME SEEDS, POPPY SEEDS, ONIONS, CORN FLOUR, WHEAT FLOUR, AMMONIUM SULFATE, ENZYMES, POTASSIUM BROMATE, L-CYSTEINE, ASCORBIC ACID, GARLIC, RYE

CONTAINS: WHEAT

A&S Bagels, Inc.

761 Hempstead Turnpike, Franklin Square, New York 11010

Phone: (516)326-9288 Fax: (516)775-2933

Web-Site: www.longislandbagels.com E-mail: bagelmail@aandsbagels.com