

LC-NY Style Boiled Bagels[®]

3 Cinnamon Raisin



**Diabetic
Friendly
Low
Carb**

Net Carbs
2.3g
Per Serving

LC
FOODS™

**Refrigerate or freeze upon receiving.
Remove air from bag before resealing.**

Nutrition Facts

Serving Size 1/2 bagel (56g)

(Half - 4" wide x 1 1/4" thick bagel)

Servings per container 6

Amount Per Serving

Calories 154

Calories from Fat 24

		%Daily Value*	
Total Fat 2.7g	4%	Total Carbohydrate 15.3g	5%
Saturated Fat .3g	2%	Dietary Fiber 13g	52%
Trans Fat 0g		Sugars 0g	0%
Cholesterol 0mg	2%	Protein 17g	34%
Sodium 251mg	11%	Net Carbs 2.3g	

*Percent daily values are based on a 2000 calorie diet.

Ingredients: Wheat protein isolates, resistant wheat starches, flax seed meal, olive oil, vital wheat gluten, instant dry yeast, barberries (substituted for raisins), Inulin (chicory root) fiber, salt, calcium propionate (as a preservative), vinegar, cinnamon spice, natural cinnamon flavoring, organic stevia, natural luohan guo monk fruit.

Allergen Warning: Processed in a facility that uses nuts and gluten.



Net Wt. 11.85 oz. (336g) Qty 3 - 4" Bagels

Manufactured by LC Foods[™]
Company, Raleigh NC 27604