

LC-NY Style Boiled Bagels[®]

Everything 10 Pack



**Diabetic
Friendly
Low
Carb**



**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 20

Amount Per Serving

Calories 164

Calories from Fat 32

%Daily Value*

Total Fat 3.5g	5%	Total Carbohydrate 15.5g	5%
Saturated Fat .4g	2%	Dietary Fiber 13.5g	54%
Trans Fat 0g		Sugars 0g	0%
Cholesterol 5.8mg	2%	Protein 17.6g	35%
Sodium 278mg	12%	Net Carbs 2.0g	

*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, Inulin (chicory root) fiber, salt, calcium propionate (as a preservative), poppy seeds, sesame seeds, minced garlic, minced onion, vinegar, organic stevia, natural luohan guo monk fruit.

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



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Net Wt. 39.5 oz. (1120g) Qty 10 - 4" Bagels

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