

# LC-NY Style Boiled Bagels<sup>®</sup>

## Everything 12 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 24

Amount Per Serving

Calories 164

Calories from Fat 32

|                    |       | %Daily Value* |   |
|--------------------|-------|---------------|---|
| <b>Total Fat</b>   | 3.5g  | <b>5%</b>     | <b>Total Carbohydrate</b> 15.5g <b>5%</b> |
| Saturated Fat      | .4g   | <b>2%</b>     | Dietary Fiber 13.5g <b>54%</b>            |
| Trans Fat          | 0g    |               | Sugars 0g <b>0%</b>                       |
| <b>Cholesterol</b> | 5.8mg | <b>2%</b>     | <b>Protein</b> 17.6g <b>35%</b>           |
| <b>Sodium</b>      | 278mg | <b>12%</b>    | <b>Net Carbs</b> 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.

Net Wt. 47.4 oz. (1344g) Qty 12 - 4" Bagels



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Manufactured by LC Foods<sup>™</sup>  
Company, Raleigh NC 27604