

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

## Everything 3 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 6

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.



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

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