

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

Jalapeno Cheddar 10 pack



Diabetic  
Friendly  
Low  
Carb



**Lc**  
FOODS<sup>™</sup>

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

## Nutrition Facts

Serving Size 1/2 bagel (71g)

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

Servings per container 20

Amount Per Serving

Calories 161

Calories from Fat 32

		%Daily Value*	
<b>Total Fat</b>	3.5g	<b>5%</b>	<b>Total Carbohydrate</b> 15g <b>5%</b>
Saturated Fat	.7g	<b>4%</b>	Dietary Fiber 13g <b>52%</b>
Trans Fat	0g		Sugars 0g <b>0%</b>
<b>Cholesterol</b>	2.5mg	<b>1%</b>	<b>Protein</b> 17.4g <b>35%</b>
<b>Sodium</b>	325mg	<b>14%</b>	<b>Net Carbs</b> 2g

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

**Ingredients:** Wheat protein isolates, resistant wheat starches, flax seed, vital wheat gluten, jalapeno peppers, cheddar cheese (cheese cultures, pasteurized milk, salt, enzymes), natural flavors, olive oil, yeast, Inulin, salt, calcium propionate, vinegar, annatto (vegetable color), natural stevia & natural luohanguo monk fruit.

**Contains:** Wheat, Milk



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

Net Wt. 50 oz. (1420g) Qty 10 - 4" Bagels