

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

## Onion & Garlic 10 Pack



**Diabetic  
Friendly  
Low  
Carb**

**Net Carbs**  
**2g**  
**Per Serving**



**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*	
<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> 2g

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

**Ingredients:** Wheat protein isolates, resistant wheat starch, flax seed meal, olive oil, vital wheat gluten, instant dry yeast, Inulin (chicory root) fiber, salt, calcium propionate (as a preservative), minced onion, minced garlic, vinegar, organic stevia, natural luohanguo monk fruit.

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

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



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