

LC-NY Style Boiled Bagels[®]

Onion & Garlic 3 Pack



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

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