

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

Simply Plain 10 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 20  
Amount Per Serving  
Calories 152  
Calories from Fat 24

		%Daily Value*	
<b>Total Fat</b> 2.7g	<b>4%</b>	<b>Total Carbohydrate</b> 15g	<b>5%</b>
Saturated Fat .3g	<b>2%</b>	Dietary Fiber 13g	<b>52%</b>
Trans Fat 0g		Sugars 0g	<b>0%</b>
<b>Cholesterol</b> 0g	<b>0%</b>	<b>Protein</b> 17g	<b>34%</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 starches, flax seed meal, olive oil, vital wheat gluten, instant dry yeast, Inulin (chicory root) fiber, salt, calcium propionate (as a preservative), vinegar, organic stevia rebaudiana leaf natural herbal extracts, and 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