

LC-NY Style Boiled Bagels[®]

Simply Plain 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 152

Calories from Fat 24

		%Daily Value*	
Total Fat 2.7g	4%	Total Carbohydrate 15g	5%
Saturated Fat .3g	2%	Dietary Fiber 13g	52%
Trans Fat 0g		Sugars 0g	0%
Cholesterol 0g	0%	Protein 17g	34%
Sodium 278mg	12%	Net Carbs 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. 11.85 oz. (336g) Qty 3 - 4" Bagels

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