

Bakery Nutrition Facts



UPC	Bagels	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrate		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron	Whole Grain Equiv
					g	%DV	g	%DV		g	mg	%DV	mg	%DV	g	%DV	g							
	Serving Size - 1 each	g			g	%DV	g	%DV	g	mg	%DV	mg	%DV	g	%DV	g	%DV	g	g	%DV	%DV	%DV	%DV	
Bulk	Blueberry Bagel	110	280	15	1.5	2	0.5	3	0	0	0	350	15	57	19	2	8	8	8	0	0	2	15	-
Bulk	Egg Bagel	105	270	20	2.5	4	0.5	3	0	15	5	400	17	52	17	2	8	3	10	0	0	2	15	-
Bulk	Pumpnickel Bagel	99	240	10	1.5	2	0	0	0	0	0	350	15	49	16	3	12	3	8	0	0	2	15	-
Bulk	Cinnamon Raisin Bagel	99	250	10	1.5	2	0	0	0	0	0	320	13	51	17	2	8	8	8	0	0	2	15	-
Bulk	Chocolate Chip Bagel	109	300	40	4.5	7	2	10	0	0	0	360	15	56	19	2	8	9	10	0	0	2	20	-
Bulk	Jalapeno Bagel	113	300	30	3.5	5	1.5	8	0	5	2	460	19	56	19	2	8	5	11	8	0	8	20	-
Bulk	Multigrain Bagel w/Flaxseed	113	300	25	3	5	0	0	0	0	0	450	19	58	19	3	12	8	9	0	0	2	20	-
Bulk	Plain Bagel	99	250	15	1.5	2	0	0	0	0	0	380	16	50	17	2	8	2	8	0	0	2	15	-
Bulk	Sesame Bagel	106	290	45	5	8	0	2	0	0	0	380	16	52	17	2	10	2	10	0	0	8	20	-
Bulk	Poppyseed Bagel	106	290	40	4.5	7	0.5	3	0	0	0	380	16	52	17	3	12	3	10	0	0	10	20	-
Bulk	Marco Polo Bagel	124	320	30	3	5	0.5	3	0	0	0	540	23	62	21	2	8	3	9	0	0	2	15	-
Bulk	Black Russian Bagel	116	290	20	2.5	4	0	0	0	0	0	400	17	57	19	3	12	4	10	0	0	4	20	-
Bulk	Onion Bagel	105	270	20	2.5	3	0	2	0	0	0	380	16	53	18	2	7	2	10	0	0	6	20	-
Bulk	Garlic Bagel	105	270	15	1.5	2	0	2	0	0	0	380	16	55	18	3	11	2	9	0	0	2	15	-
Bulk	Salted Bagel	103	25	15	1.5	2	0	2	0	0	0	1980	83	50	17	2	7	2	8	0	0	2	15	-
Bulk	Tuscan Bagel	109	300	35	4.0	6	1	5	0	0	0	390	16	55	18	3	12	3	10	0	4	4	20	-
Bulk	Everything Bagel	106	280	30	3.5	5	1	3	0	0	0	380	16	54	18	2	10	3	10	0	0	8	20	-
Bulk	Honey Wheat Bagel	99	330	25	2.5	4	0.5	3	0	0	0	430	18	68	23	7	28	10	12	0	0	2	20	2
Bulk	Pretzel Stick w/ Salt	101	260	40	4.5	7	0	0	0	0	0	1000	42	49	16	3	12	2	9	0	0	0	0	-
Bulk	27 Grains & Seeds Bagel	111	320	60	7	11	1	5	0	0	0	350	15	51	17	7	28	9	15	0	0	4	20	3.5
Bulk	Sprouted Honey Grain Bagel	104	270	35	3.5	5	0	0	0	0	0	370	15	50	17	8	32	8	11	0	0	4	15	3.5

UPC	Bialys	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrate		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron	Whole Grain Equiv
					g	%DV	g	%DV		g	mg	%DV	mg	%DV	g	%DV	g							
	Serving Size - 1 each	g			g	%DV	g	%DV	g	mg	%DV	mg	%DV	g	%DV	g	%DV	g	g	%DV	%DV	%DV	%DV	
Bulk	Apple Bialy	135	350	35	3.5	6	2	9	0	5	2	360	15	71	24	3	11	22	8	2	30	2	15	-
Bulk	Blueberry Bialy	135	340	35	3.5	6	2	9	0	5	2	360	15	68	23	2	10	22	9	2	0	0	15	-
Bulk	Cherry Bialy	135	340	35	3.5	6	2	9	0	5	2	360	15	69	23	3	10	21	8	2	10	2	15	-
Bulk	Lemon Bialy	135	340	35	4	6	2	9	0	10	3	360	15	69	23	2	9	21	8	2	10	2	15	-
Bulk	Raspberry Bialy	135	370	35	4	6	2	9	0	5	2	360	15	77	26	3	11	28	8	2	10	2	15	-
Bulk	Strawberry Bialy	135	350	35	3.5	6	2	9	0	5	2	360	15	71	24	3	10	22	8	2	0	2	15	-
Bulk	Asiago Bialy	132	350	60	6	9	3	15	0	10	4	650	26	59	20	2	8	3	13	2	10	10	20	-
Bulk	Garlic Parmesan Bialy	113	290	20	2	3	0.5	3	0	0	0	460	19	57	19	2	8	3	10	0	2	4	20	-
Bulk	Cheddar Cheese Bialy	113	320	80	9	13	4.5	22	0	25	8	490	21	46	15	2	6	2	13	4	10	20	15	-
Bulk	Jalapeno Bialy	128	340	80	9	14	5	25	0	25	8	800	33	49	16	2	8	5	14	10	8	20	15	-
Bulk	Pizza Bialy	134	340	70	8	13	4.5	22	0	15	6	620	26	51	17	2	7	3	15	6	15	20	15	-
Bulk	Pepperoni Pizza Bialy	134	350	90	10	16	5	25	0	20	7	690	29	49	16	2	7	3	15	6	15	20	15	-
Bulk	French Toast Bialy	116	310	20	2.5	4	0.5	3	0	15	5	380	16	61	20	2	8	15	9	0	10	2	15	-
Bulk	Bacon, Egg & Cheese Bialy	134	390	110	13	20	6	30	0	45	15	820	34	48	16	2	8	3	20	4	2	25	15	-
Bulk	Garlic Bialy	113	310	30	3.5	5	0	1	0	0	0	560	23	61	20	4	17	4	12	0	0	2	15	-
Bulk	Onion Bialy	132	320	25	3	5	0.5	3	0	0	0	500	21	61	20	2	8	3	11	0	10	6	25	-
Bulk	Cheddar Cheese Pretzel Bialy with Salt	101	340	130	15	23	8	40	0	40	13	1080	45	35	12	1	4	1	16	8	25	30	10	-