

Bakery Nutrition Facts



Bagels & Bialys	Serving Size	Calories	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Added Sugar		Protein	Vitamin D	Calcium	Iron	Potassium
	(g)		(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Bagels, 1ea																							
Blueberry Bagel	110	290	1.5	2	0.5	3	0	0	0	390	17	59	21	2	7	8	6	12	9	0	2	15	2
Glazed Blueberry Bagel	138	380	1.5	2	0	0	0	0	0	350	15	83	30	2	7	36	35	70	8	0	2	15	2
Egg Bagel	105	270	2.5	3	0.5	3	0	15	5	400	17	52	19	2	7	3	2	4	10	0	2	15	2
Pumpernickel Bagel	99	230	1.5	2	0	0	0	0	0	660	29	46	17	3	11	1	1	2	10	6	2	15	2
Cinnamon Raisin Bagel	99	260	1.5	2	0	0	0	0	0	350	15	52	19	2	7	6	2	4	8	0	2	15	2
Glazed Cinnamon Raisin Bagel	127	340	1.5	2	0	0	0	0	0	350	15	75	27	2	7	28	24	48	8	0	2	15	2
Chocolate Chip Bagel	109	300	4.5	6	2	10	0	0	0	360	16	56	20	2	7	9	9	18	10	0	2	20	2
Jalapeno Bagel	113	290	2.5	3	1.5	8	0	5	2	810	35	57	21	4	14	7	5	10	11	0	6	15	2
Sun Dried Tomato Parm Bagel	113	300	3	4	1.5	8	0	5	2	600	26	56	20	4	14	7	5	10	12	0	8	15	4
Multigrain Bagel w/Flaxseed	118	320	4	5	0.5	3	0	0	0	470	20	62	23	4	14	7	5	10	10	0	2	20	4
Plain Bagel	99	250	1.5	2	0	0	0	0	0	380	17	50	18	2	7	2	2	4	8	0	2	15	2
Sesame Bagel	106	290	5	6	1	4	0	0	0	380	17	52	19	2	9	2	2	5	10	0	6	20	2
Poppyseed Bagel	106	290	4.5	6	0.5	3	0	0	0	380	17	52	19	3	11	3	2	4	10	0	10	20	2
Marco Polo Bagel	124	320	3	4	0.5	3	0	0	0	540	23	62	23	2	7	3	3	6	9	0	2	15	2
Black Russian Bagel	116	280	3	4	0.5	3	0	0	0	750	33	54	20	5	18	1	1	2	12	6	4	15	4
Onion Bagel	105	270	2.5	3	0	2	0	0	0	380	17	53	19	4	14	2	2	5	10	0	4	20	4
Garlic Bagel	105	270	1.5	2	0	2	0	0	0	380	17	55	20	2	8	3	2	5	9	0	2	20	4
Salted Bagel	103	250	1.5	2	0	2	0	0	0	1980	86	50	18	2	6	2	2	5	8	0	2	15	2
White Russian Bagel	102	270	2	3	0	0	0	0	0	380	17	52	19	2	7	2	2	4	9	0	4	15	2
Parmesan Bagel	108	290	4	5	2	10	0	5	2	530	23	51	19	2	7	3	2	4	12	0	10	15	2
Garlic Parmesan Bagel	108	280	2.5	3	1	5	0	0	0	440	19	54	20	3	11	3	2	4	11	0	6	20	4

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Asiago Bagel	110	300	5	6	2.5	13	0	10	3	520	23	51	19	2	7	2	2	4	11	0	8	15	2
Buffalo Bagel	156	380	11	14	4.5	23	0	20	7	1600	70	52	19	2	7	3	2	4	16	0	20	15	2
Honeycrisp Apple Bagel	111	290	3	4	0.5	3	0	0	0	290	13	55	20	3	11	10	6	12	11	0	2	15	4
Sourdough Bagel	113	280	1	1	0	0	0	0	0	580	25	59	21	4	14	4	2	4	11	0	2	15	0
Tuscan Bagel	101	260	2.5	3	0	0	0	0	0	770	33	50	18	2	7	2	2	4	8	0	2	15	2
Everything Bagel	106	280	3.5	4	0.5	3	0	0	0	380	17	54	19	3	11	3	2	5	10	0	6	20	4
Tuscan Herb Bagel	109	300	4	5	1	5	0	0	0	390	17	55	20	3	11	3	2	4	10	0	4	20	2
27 Grains & Seeds Bagel	111	320	7	9	1	5	0	0	0	350	15	51	19	7	25	9	7	14	15	0	4	20	6
Sprouted Honey Grain Bagel	104	270	3.5	4	0	0	0	0	0	370	16	50	18	8	29	8	7	14	11	0	2	15	4
Bialys, 1ea																							
Apple Bialy	141	350	3	4	1.5	6	0	5	2	530	23	75	27	4	13	23	19	39	9	0	2	15	2
Blueberry Bialy	141	340	3	4	1.5	6	0	5	2	520	23	72	26	4	14	22	20	39	9	0	2	15	2
Cherry Bialy	141	320	1	1	0	0	0	0	0	560	24	71	26	4	13	21	18	36	9	0	2	15	2
Lemon Bialy	141	350	3	4	1.5	7	0	5	2	530	23	72	26	3	12	22	20	40	9	0	2	15	2
Raspberry Bialy	141	380	3	4	1.5	6	0	5	2	520	23	81	29	4	14	30	28	57	9	0	2	15	2
Bacon Cheddar Bialy	141	410	11	14	5	25	0	35	12	1010	44	56	20	4	14	7	4	8	21	0	20	15	2
Garlic White Pizza Bialy	113	310	7	9	3	15	0	15	5	690	30	49	18	3	11	6	4	8	14	0	15	15	2
Cheese Pizza Bialy	141	350	8	10	4	19	0	20	6	810	35	54	20	3	12	7	4	8	16	0	20	15	2
Pepperoni Pizza Bialy	141	360	10	13	4.5	23	0	25	8	880	38	51	19	3	11	7	4	8	17	0	20	15	2
French Toast Bialy	116	310	2.5	3	0.5	3	0	15	5	380	17	62	23	2	7	16	15	30	9	0	2	15	2
Bacon, Egg & Cheese Bialy	134	390	12	15	5	25	0	45	15	830	36	49	18	1	4	4	2	4	20	0	20	15	4

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