

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 | 113 | 300 | 1 | 1 | 0 | 0 | 0 | 0 | 0 | 590 | 26 | 62 | 23 | 4 | 14 | 7 | 5 | 10 | 10 | 0 | 4 | 15 | 0 |
| 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 |
| Pumpnickel Bagel | 113 | 290 | 1 | 1 | 0 | 0 | 0 | 0 | 0 | 570 | 25 | 62 | 23 | 6 | 21 | 4 | 2 | 4 | 10 | 6 | 4 | 15 | 4 |
| Cinnamon Raisin Bagel | 113 | 300 | 1 | 1 | 0 | 0 | 0 | 0 | 0 | 550 | 24 | 65 | 24 | 4 | 14 | 13 | 7 | 14 | 10 | 0 | 4 | 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 | 113 | 290 | 1 | 1 | 0 | 0 | 0 | 0 | 0 | 600 | 26 | 62 | 23 | 4 | 14 | 7 | 5 | 10 | 10 | 0 | 4 | 15 | 0 |
| Sesame Bagel | 113 | 300 | 2 | 3 | 0 | 0 | 0 | 0 | 0 | 590 | 25 | 61 | 22 | 4 | 14 | 7 | 5 | 10 | 11 | 0 | 4 | 20 | 0 |
| 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 | 117 | 290 | 1 | 1 | 0 | 0 | 0 | 0 | 0 | 2200 | 96 | 62 | 23 | 4 | 14 | 7 | 5 | 10 | 10 | 0 | 4 | 15 | 0 |
| 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 |

Have questions or comments? Call Wegmans Consumer Affairs
 Monday-Friday 8 a.m. - 5 p.m.
 (585) 464-4760 or toll free 1-800-WEGMANS ext 4760

Bakery Nutrition Facts



| | | | | | | | | | | | | | | | | | | | | | | | |
|----------------------------|-----|-----|-----|----|-----|----|---|----|----|------|----|----|----|---|----|----|----|----|----|---|----|----|---|
| 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 | 113 | 300 | 1.5 | 2 | 0 | 0 | 0 | 0 | 0 | 670 | 29 | 61 | 22 | 4 | 14 | 7 | 5 | 10 | 10 | 0 | 4 | 15 | 2 |
| 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 | 113 | 290 | 5 | 6 | 0 | 0 | 0 | 0 | 0 | 520 | 23 | 53 | 19 | 2 | 7 | 10 | 7 | 14 | 14 | 0 | 4 | 10 | 8 |
| 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 |