

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	570	25	63	23	4	14	8	5	10	10	0	4	15	0
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
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
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	26	61	22	4	14	7	5	10	11	0	4	20	0
Poppyseed Bagel	113	300	1.5	2	0	0	0	0	0	590	26	61	22	4	14	7	5	10	11	0	6	20	2
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
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
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
27 Grains & Seeds Bagel	113	290	5	6	0	0	0	0	0	520	23	53	19	9	32	10	7	14	14	0	4	10	8
Bialys, 1ea																							
Apple Bialy	148	350	5	6	2	10	0	5	2	580	25	71	26	2	7	22	19	38	7	0	2	15	4
Blueberry Bialy	148	340	5	6	2	10	0	5	2	580	25	68	25	2	8	20	19	38	7	0	2	15	4
Cheese Pizza Bialy	143	340	11	14	5	25	0	25	8	910	40	44	16	1	5	2	1	1	16	0	20	15	4
Cherry Bialy	148	340	5	6	2	9	0	5	2	580	25	68	25	2	6	21	19	38	8	0	2	15	4
Garlic White Pizza Bialy	121	330	10	13	4.5	21	0	15	6	830	36	43	16	1	5	2	1	1	15	0	20	15	4
Lemon Bialy	148	350	5	7	2	10	0	10	3	590	26	68	25	2	6	20	20	40	7	0	2	15	4
Pepperoni Pizza Bialy	152	380	14	18	6	31	0	30	10	1040	45	44	16	1	5	2	1	1	17	0	20	15	4
Raspberry Bialy	148	400	3	4	1.5	7	0	5	2	550	24	85	31	4	15	32	30	59	9	0	2	15	2

Have questions or comments? Call Wegmans Consumer Affairs
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