

Nutrition Facts

6 servings per container

Serving size 1 Bagel Hole (47g)

Amount Per Serving

Calories 130

% Daily Value*

Total Fat 4g 5%

Saturated Fat 2.5g 13%

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 180mg 8%

Total Carbohydrate 18g 7%

Dietary Fiber 1g 4%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 5g 10%

Not a significant source of vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS:

FLOUR, WATER, SOUR CREAM (CULTURED CREAM, ENZYMES), CREAM CHEESE (PASTEURIZED MILK AND CREAM, WHEY PROTEIN CONCENTRATE, SALT, CAROB BEAN GUM, XANTHAN GUM, CHEESE CULTURE), CAGE FREE EGG WHITES, CHEDDAR (MILK, CULTURES, SALT, ENZYMES, ANNATTO, (COLOR)), JALEPENOS, PURE SUGAR CANE, KOSHER SALT, YEAST (SORBITAN MONOSTEARATE), GARLIC POWDER, ONION POWDER, BLACK PEPPER.

CONTAINS: EGGS, WHEAT.