




New York Bakery ® Bagels (Frozen)			
Ingredients	Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Maize, Rapeseed Oil, Yeast, Salt, Wheat Gluten, Malted Barley Flour , Flour Treatment Agent (Ascorbic Acid).		
Allergens	Wheat flour (gluten), Wheat Gluten, Malted Barley Flour (gluten).		
Advisory note	May also contain traces of sesame. Contains yeast. Contains maize.		
Good to know	Suitable for Vegetarians and Vegans. Free from artificial colours and flavours. Made on a nut-free site.		
Nutritional Information			
Typical values	Per 100g	Per 115g bagel(1 serving)	% of Reference Intake(RI) per serving
Energy	1087kJ +/- 20%	1250kJ +/- 20%	15%
	257Kcal +/- 20%	296Kcal +/- 20%	15%
Fat of which saturates	1.6g +/- 1.5g	1.8g +/- 1.5g	3%
	0.2g +/- 0.8g	0.3g +/- 0.8g	1%
Carbohydrates of which sugars	50.0g +/- 0.8g	57.5g +/- 0.8g	-
	5g +/- 2g	5.8g +/- 2g	7%
Fibre	3.1g +/- 2g	3.6g +/- 2g	-
Protein	9.1g +/- 2g	10.4g +/- 2g	-
Salt	0.65g +/- 0.375g	0.75g +/- 0.375g	12%

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