



**STONE GROUND BAKERY, INC.**  
**PLAIN BAGEL**

<b>Nutrition Facts</b>		
Serving Size: 57g (1 bagel)		
Amount per Serving		
Calories:	160	Calories from fat: 5
		% Daily Value*
Total Fat	.5g	1%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	280mg	12%
Total Carbohydrate	34g	11%
Dietary Fiber	1g	4%
Sugars	2g	
Protein	6g	
Vitamin A	0%	Vitamin C 0%
Calcium	0%	Iron 10%
*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
	Calories	2,000 2,500
Total Fat	less than	65g 80g
Saturated Fat	less than	20g 25g
Cholesterol	less than	300mg 300mg
Sodium	less than	2400mg 2400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g
Calories per gram		
Carbohydrates	4	Fat 9 Protein 4

INGREDIENTS: Enriched Wheat Flour Bleached, Water Sugar, Salt, Honey, Malt Barley Flour, Wheat Gluten Yeast, Mono-diglycerides, Molasses, Hydrolyzed Wheat Gluten, Enzyme, Ascorbic Acid