



26B

Bagel
Croissants

Nutrition Facts for Otis Spunkmeyer Products

Flavor	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Potassium	Carbohydrate	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron	Folic Acid	Magnesium	Niacin	Phosphorus	Riboflavin	Thiamin	Zinc	Bread Servings		
BAGELS: Thaw & Serve Bagels																										
<i>Bagels</i>																										
<i>Serving Size = 1 bagel (113 g./4.0 oz.)</i>																										
Blueberry	290	10	1 g	0 g	0 g	0 mg	590 mg		61 g	2 g	8 g	11 g													5	
% Daily Value			2	0	0	0	24		20	7			0	0	10	20	30	20			20	35				
Cinnamon Raisin	280	10	1 g	0 g	0 g	0 mg	570 mg		61 g	2 g	9 g	11 g													4.75	
% Daily Value			2	0	0	0	24		20	10			0	0	10	20	30	20			20	35				
Onion	280	10	1 g	0 g	0 g	0 mg	450 mg		60 g	2 g	6 g	12 g													5	
% Daily Value			2	0	0	0	26		20	6			0	0	10	20	30	20			20	35				
BAGELS: Thaw and Serve Bagels for Retail																										
<i>Bagels</i>																										
<i>Serving Size = 1 bagel (85 g./3.0 oz.)</i>																										
Blueberry	210	10	1 g	0 g	0 g	0 mg	220 mg		44 g	1 g	5 g	8 g													3.75	
% Daily Value			1	0	0	0	9		15	6			0	0	35	15	20	15			15	25				
Cinnamon Raisin	210	5	1 g	0 g	0 g	0 mg	310 mg		45 g	2 g	7 g	8 g													3.5	
% Daily Value			1	0	0	0	13		15	8			0	0	15	15	20	15			15	25				
Onion	210	10	1 g	0 g	0 g	0 mg	330 mg		44 g	2 g	5 g	8 g													3.75	
% Daily Value			1	0	0	0	14		15	7			0	0	15	20	25	15			15	25				
Plain	210	5	1 g	0 g	0 g	0 mg	340 mg		43 g	1 g	4 g	8 g													3.75	
% Daily Value			1	0	0	0	14		14	6			0	0	15	15	25	15			15	25				
BROWNIES: Half Sheet Brownies																										
<i>Brownies - Half Sheet</i>																										
<i>Serving Size = 1 brownie (2.0 oz./57 g.)</i>																										
Double Chocolate	250	100	12 g	2.5 g	0 g	15 mg	160 mg	160 mg	35 g	1 g	26 g	2 g														0.75
% Daily Value			18	13	0	4	7	7	12	5			2	0	0	4	4	4	4	4	4	4	6	0		
BROWNIES: Quarter Sheet Brownies																										
<i>Brownies - Quarter Sheet</i>																										
<i>Serving Size = 1 brownie (2.0 oz./57 g.)</i>																										
Double Chocolate	250	110	12 g	2 g	0 g	15 mg	160 mg	130 mg	33 g	1 g	23 g	3 g														0.75
% Daily Value			19	11	0	6	7	4	11	5			0	0	0	4	6	4	4	4	4	6	6	2		

Authorization, R/D: *Debra P. [Signature]*

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(800) 296-8935 Fax (423) 396-9604

Bagels, Honey Whole Grain, Sliced 6's

Code #625

Meets 2 Bread Requirements

Shelf Life: 2 days Frozen Shelf Life: 270 days

Nutrition Facts

Serving Size 2.8 oz (79 g)

Pack: 72/2.8 oz

Amount Per Serving

Calories	238
Calories From fat	14
Total Fat	1.5 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	372 mg
Carbohydrates	51 g
Dietary Fiber	1 g
Sugar	1.5 g
Protein	7.5 g
Vitamin A	0%
Vitamin C	0%
Iron	11.5%
Calcium	7.5%

Percent Daily Values are based on a 2,000 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
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300g	300g
Sodium	Less than	2.4g	2.4g
Total Carbohydrates		300g	375g
Dietary Fiber		25g	30g

Ingredients: Wheat Flour, Water, Sugar, Salt, Malted Barley Flour, Molasses, Contains 1.0% or less of Potassium Bromate, Calcium Propionate (To Retard Spoilage), Soy Flour, Yeast.
Contains: Wheat and Soy.

Last updated on 2006-12-13 by user 25.