Breakfast Breads

Whole Wheat Mini Bagel- Franz
Cinnamon Mini Bagel- Franz
Raisin Cinnamon Bagel- Franz
Onion Bagel, 3oz- Franz
Everything Bagel, 3oz- Franz
Blueberry Bagel, 3oz- Franz
Plain Bagel, 3oz- Franz

Biscuit – Frozen

Whole Wheat English Muffin- Franz

Texas Toast- Franz
Nutrition Facts
Serving Size 1 Bagel (36g)
Servings Per Container 12

Amount Per Serving
Calories 100
Calories From Fat 10
Total Fat 1g
Saturated Fat 0g
Trans Fat 0g
Cholesterol 0mg
Sodium 125mg
Total Carbohydrates 22g
Fiber 3g
Sugars 4g
Protein 4g

*Percent Daily Values (PV) are based on a 2,000 calorie diet. Your Daily Values may be Higher or lower depending on your calorie needs.

Calories 2,500...

At our New York Bagel Boys Bakery we truly believe that everything is better with a bagel. Since 1975 we have produced our bagels right here in the Northwest, enabling us to bring you the best, freshest bagels possible.

We offer a variety of, all natural, 100 calorie Mini bagels: Plain, 100% Whole Wheat, and Brown Sugar Cinnamon. They make a great, healthy snack or use them to create that perfect hors d'oeuvre.

For a delicious toasted bagel or sandwich please try our full size soft bagels which come in 6 tasty varieties: Plain, Onion, Blueberry, Cinnamon Raisin, Everything and 100% Whole Wheat.

We hope you enjoy our bagels and we thank you for supporting Franz Bakery; the proud bakers of New York Bagel Boys bagels.

INGREDIENTS: WHOLE WHEAT FLOUR, WATER, HONEY, SUGAR, YEAST, BAKE MIX (SUGAR, YEAST, MALT BARLEY FLOUR, YEAST, MOLASSES, WHEAT GLUTEN, SOY OIL, HONEY, CULTURED WHEAT STARCH, ASCORBIC ACID, ENZYMES, WHEAT GLUTEN. CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: VEGETABLE OIL (CANOLA AND/OR SOY), BROWN SUGAR, ENZYMES, CULTURED WHEAT FLOUR. 03.25.06
MINI BAGELS

Brown Sugar Cinnamon

100 Calories
All Natural
No High Fructose Corn Syrup

Nutrition Facts

Serving Size 1 Bagel (33g)
Servings Per Container 12

Amount Per Serving

Calories 100
Calories from Fat 1
Total Fat 0.5g
Saturated Fat 0g
Trans Fat 0g
Polyunsaturated Fat 0g
Monounsaturated Fat 0g
Cholesterol 0mg
Sodium 135mg
Total Carbohydrates 20g
Dietary Fiber less than 1g
Sugars 3g
Protein 3g

Nutrient % Daily Value

Vitamin A 0% * Vitamin C 0%
Calcium 2% * Iron 8%
Thiamin 15% * Riboflavin 8%
Niacin 10% * Foatse 10%

*Percent Daily Values (DV) 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 65g
Saturated Fat 20g
Trans Fat 2g
Cholesterol 300mg
Sodium 2,400mg
Total Carbohydrates 300g
Dietary Fiber 25g

Calories per gram
Fat 9calorie
Carbohydrates 4calories
Protein 4calories

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UNITED STATES BAKERY • PORTLAND, OR 97232

If you have any questions or comments about the muffins, please let us know. Contact: USA Customer Service • 1-800-14738 • Portland, OR 97232 or on the web at www.usabakery.com.

Please include the name of the product, where you purchased it and the UPC code.

INGREDIENTS: Enriched Unbleached Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin and Folic Acid), Water, Brown Sugar, Base Mix (Sugars, Sea Salt, Malt Barley Flour, Yeast, Molasses, Wheat Gluten, Soy Oil, Honey, Cultured Wheat Starch, Ascorbic Acid, Enzyme, Yeast), Contains 2% or More of Each of the Following: Wheat Gluten, Cinnamon, Vegetable Oil (Canola and/or Soy), Enzymes, Cultured Wheat Flour.

07.22.08

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Cinnamon Mini Bagel

10/6/01 11:59:29
Cinnamon Raisin

Bagels

6 COUNT • NET WT. 20 OZ (1 LB 4 OZ)

Low in Fat • No Trans Fat

No Cholesterol

98% Fat Free

Soft & Sliced

Nutrition Facts

Serving Size: 1 Bagel (59g)
Servings Per Container 6

Amount Per Serving

Calories 190
Total Fat 6 g
Saturated Fat 2 g
Trans Fat 0 g
Cholesterol 0 mg
Sodium 270 mg
Total Carbohydrate 29 g
Dietary Fiber 9 g
Sugars 6 g
Protein 9 g

% Daily Value

8% 35% 11% 0% 11% 11% 6% 23% 17% 22%


United States Bakery - Portland, OR 97232

www.usbakery.com

Bagels 100% Whole Wheat

Bake fresh every day. The proof is in New York.

We offer a wide variety of fresh baked goods...