

MADE IN
NEW YORK CITY



CRANBERRY ENERGY

BAGELS

NET WT 18OZ (1LB 2OZ) 510g

No Preservatives. No Trans Fat.



Nutrition Facts

6 servings per container

Serving size **1 Bagel (85g)**

Amount per serving

Calories **240**

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 170mg **7%**

Total Carbohydrate 48g **16%**

Dietary Fiber 3g **12%**

Total Sugars 6g

Includes 5g Added Sugars **10%**

Protein 8g

Vit. D 0mcg 0% • Calcium 23mg 1%

Iron 3mg 15% • Potas. 114mg 3%

Thiamin 0.3mg 27% • Niacin 2mg 15%

Ribo. 0.18mg 15% • Folate 75mcg 18%

* 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: Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Whole Wheat Flour, Raisins, Contains 2% or Less of Each of The Following: Malt Syrup, Dried Cranberries, Brown Sugar, Sunflower Seeds, Flaxseeds, Wheat Gluten, Sea Salt, Raisin Juice Concentrate, Yeast, Malt Powder, Molasses Powder, Honey Powder, Soybean Oil, Ascorbic Acid, Enzymes.

Contains Wheat and Soy

Simply The Best New York City Bagel!



Since they were first brought to New York in the 1880s and sold by pushcart vendors, everyone has loved the taste of a New York City Bagel. But what makes a New York City Bagel? It's the water! New York City water is low in calcium carbonate and magnesium, and this results in a better tasting bagel. What makes

Brooklyn Food Group's bagels even more exceptional is that they're made from the finest ingredients that owner Gerard Fodera sources from his family business, which has served New York City bakeries for over 90 years, using no chemical preservatives! Brooklyn Food Group is dedicated to delivering you the most delicious bagels, anywhere in the world.

Distributed by Brooklyn Food Group, Inc.
Wantag, New York 11793 • 212.929.1513

Made in USA

KEEP FROZEN Until Ready To Eat

No Chemical Preservatives.
We keep our bagels frozen for the freshest product possible.

BROWN & SERVE INSTRUCTIONS

Thawed Bagel: Place in oven at 375°F for 5 minutes. Or simply toast in the toaster!

Frozen Bagel: Place in oven at 325°F for 10 minutes.

Add Your Favorite Topping and Enjoy!

Crust will be nice and crispy, but inside will be soft and chewy. Just like a great Brooklyn Food Group bagel should be.

www.brooklynfoodgroup.com

