



Pumpernickel Bagels (6 – 4oz plastic sleeve) – Authentic NYC Bagel



Nutrition Facts
 Serving Size 1 Bagel (113g)
 Servings Per Container 6

| Amount Per Serving | | % Daily Value* | |
|------------------------|----------------------|----------------|--|
| Calories 290 | Calories from Fat 10 | | |
| Total Fat 1g | | 2% | |
| Saturated Fat 0g | | 0% | |
| Trans Fat 0g | | | |
| Cholesterol 0mg | | 0% | |
| Sodium 390mg | | 16% | |
| Total Carbohydrate 60g | | 20% | |
| Dietary Fiber 3g | | 12% | |
| Sugars 6g | | | |
| Protein 10g | | | |
| Vitamin A 2% | Vitamin C 0% | | |
| Calcium 2% | Iron 20% | | |
| Thiamin 35% | Riboflavin 20% | | |
| Niacin 20% | Folate 25% | | |


*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 |
| Saturated Fat | Less Than 20g | 25g |
| Cholesterol | Less Than 300mg | 300mg |
| Sodium | Less Than 2,400 mg | 2,400mg |
| Total Carbohydrate | 300g | 375g |
| Dietary Fiber | 25g | 30g |

INGREDIENTS: Unbleached Unbromated Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Rye Pumpernickel Flour, Brown Sugar, Malt Syrup, Contains 2% or Less of Each of The Following: Caramel Color, Sea Salt, Caraway Seeds, Raisin Juice Concentrate, Yeast, Malt Powder, Molasses Powder, Honey Powder, Soybean Oil, Wheat Gluten, 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 85 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
 Wantagh, New York 11793 • 917.299.6546 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 400°F for 4 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 

6 Dozens - Case (ITF-14)

64 Cases – Pallet (ITF-14)



No Chemicals or Preservatives

Shelf life – 1 year – Frozen

Shelf life thawed – 3 days

