

BLUEBERRY GLUTEN-FREE BAGELS /3oz

Gluten-Free Certified Bagels

Nutrition Facts		
1 servings per container		
Serving size	3oz (85g)	
Amount per serving		
Calories	230	
% Daily Value*		
Total fat	12g	16%
Saturated Fat	7g	34%
Trans Fat	0g	
Cholesterol	35mg	12%
Sodium	350mg	15%
Total Carbohydrate	21g	8%
Dietary Fiber	less than 1g	2%
Total Sugars	11g	
Includes 9g Added Sugars		19%
Protein	10g	
Vitamin D	0.3mcg	2%
Calcium	347mg	25%
Iron	0.2mg	2%
Potassium	148mg	4%

*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:

CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES) TAPIOCA FLOUR, WATER, FRESH BLUEBERRIES, CANE SUGAR. CONTAINS: MILK

CONVENTIONAL OVEN:

FOR BEST RESULTS THAW BEFORE HEATING.
PREHEAT OVEN AT 250° F. PLACE BAGELINO ON A COOKING SHEET.
HEAT FOR 2 MINUTES. HEATING TIME MAY VARY. LET COOL FOR 2-3 MINUTES

MICROWAVE:

FOR BEST RESULTS THAW BEFORE HEATING.
HEAT BAGELINOS FOR NO MORE THAN 10 SECONDS.
LET COOL FOR 2 MINUTES BEFORE CONSUMING.

3oz per Bagel / Total Net Wt: 36oz / 2.25lbs

Distributed by Just Bagels

BAGELS AIN'T BAGELS[®]
UNLESS THEY'RE
JUST BAGELS