

# ORIGINAL CHEESE GLUTEN-FREE BAGELS /3oz

Gluten-Free Certified Bagels

<b>Nutrition Facts</b>	
about 1 servings per container	
<b>Serving size</b>	<b>1 Bagelino (85g)</b>
Amount per serving	
<b>Calories</b>	<b>240</b>
% Daily Value*	
<b>Total Fat</b> 12g	<b>15%</b>
Saturated Fat 7g	<b>33%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>11%</b>
<b>Sodium</b> 340mg	<b>15%</b>
<b>Total Carbohydrate</b> 24g	<b>9%</b>
Dietary Fiber <1g	<b>2%</b>
Total Sugars 11g	
Includes 9g Added Sugars	<b>18%</b>
<b>Protein</b> 10g	
Vitamin D 0.3mcg	2%
Calcium 340mg	25%
Iron 0.2mg	2%
Potassium 150mg	4%
<small>*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.</small>	

## INGREDIENTS:

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

### Handling Instructions:

#### 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<sup>®</sup>  
UNLESS THEY'RE  
**JUST BAGELS**