

# Nutrition and Diet Services

PO Box 67070  
 Phone: (503) 654-3583

Portland, OR 97268  
 Fax: (503) 654-3669

Client Name: **Wolfbrothers Baking Co, LLC**  
 Product: **3 - Seed Bagels**

Nutrition Facts			
Serving Size 1 Bagel (114 grams)			
Servings Per Container 6			
Amount Per Serving			
<b>Calories</b> 310	<b>Calories from Fat</b> 15		
% Daily Value*			
Total Fat 1.5g			2%
Saturated Fat 0g			0%
<i>Trans</i> Fat 0g			
Cholesterol 0mg			0%
Sodium 640mg			27%
Total Carbohydrate 62g			21%
Dietary Fiber 3g			11%
Sugars 5g			
Protein 12g			
Vitamin A 0%		• Vitamin C 0%	
Calcium 4%		• Iron 20%	
* 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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9	•	Carbohydrate 4	• Protein 4

Client Name: **Wolfbrothers Baking Co, LLC**  
Product: **3 - Seed Bagels**

Ingredients: Enriched Flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), Water, Brown Sugar, Salt, Barley Malt, Sunflower Seeds, Sesame seeds, Poppy Seeds, Yeast.