

New York Bagel Nutrition Information	Detailed Nutritional Profile																
	Serving Size	Weight (g)	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Plain Bagel	1 bagel	117	260	10	1.5	0	0	0	440	54	2	1	11	0	0	2	15
Salt Bagel	1 bagel	113	250	10	1.0	0	0	0	420	57	2	1	11	0	0	2	15
Sesame Seed Bagel	1 bagel	116	250	10	1.5	0	0	0	430	54	2	1	11	0	0	2	15
Garlic Bagel	1 bagel	116	250	10	1.5	0	0	0	440	54	2	1	11	0	0	2	15
Everything Bagel	1 bagel	116	250	10	1.5	0	0	0	440	54	2	1	11	0	0	2	15
Cinnamon Sugar Bagel	1 bagel	116	250	10	1.5	0	0	0	430	54	2	1	11	0	0	2	15
Egg Bagel	1 bagel	117	260	10	1.5	0	0	0	440	55	2	2	11	0	0	2	15
Raisin Bagel	1 bagel	122	270	10	1.5	0	0	0	430	58	2	2	11	0	0	2	15
Whole Wheat Bagel	1 bagel	106	230	10	1.0	0	0	0	390	50	4	1	10	0	0	2	15
Blueberry Bagel	1 bagel	113	250	10	1.5	0	0	0	420	54	2	2	11	0	0	2	15
Onion Bagel	1 bagel	101	230	10	1.5	0	0	0	390	50	2	1	10	0	2	2	15
Parmesan Bagel	1 bagel	101	230	10	1.5	0	0	0	390	50	2	1	10	0	2	2	15
Pumpernickel Bagel	1 bagel	112	250	15	1.5	0	0	0	390	52	3	1	11	0	0	2	15
Rye Bagel	1 bagel	104	230	10	1.5	0	0	0	450	48	4	2	10	0	0	2	15
Multigrain Bagel	1 bagel	223	260	20	2.0	0	0	0	430	55	4	2	11	0	0	2	15