NUTRITONAL INFORMATION

7905 QUIVIRA ROAD
LENEXA, KS 66215
PHONE 800-669-4092 -FAX 913-890-5683

CARAVAN INGREDIENTS

Cinnamon Raisin 4.5 oz- Rockland (Bagel)

Number of Servings: 2119.36 (127.57 g per serving)
Weight: 322313.97 g (Yield: 270368.14 g)

Nutrition Facts

Serving Size 1 Bagel (128g)
Servings Per Container

Amount Per Serving

Calories 360	Calories from Fat 10
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 680mg	28%
Total Carbohydrate 81g	27%
Dietary Fiber 3g	12%
Sugars 13g	
Protein 12g	

Vitamin A 0%	• Vitamin C 0%
Calcium 8%	• Iron 25%
Thiamin 40%	• Riboflavin 35%
Niacin 25%	• Folate 35%

*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	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients:

ENRICHED UNBLEACHED FLOUR (WHEAT FLOUR, MALT BARLEY FLOUR, NIACIN, FERROUS SULFATE, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, RAISINS, MALT, SUGAR, SALT, WHEAT GLUTEN, CORN FLOUR, YEAST, CINNAMON, CALCIUM PROPIONATE (A PRESERVATIVE), MOLASSES, DIACETYL TARTARIC ACID ESTERS OF MONO-DIGLYCERIDES (DATEM), CARAMEL COLOR (CONTAINS SULFITING AGENTS), ASCORBIC ACID, MONO-DIGLYCERIDES, ENZYME, L.-CYSTEINE.

Allergens:

Contains Wheat.

NUTRITONAL INFORMATION

7905 QUIVIRA ROAD
LENEXA, KS 66215
PHONE 800-669-4092 -FAX 913-890-5683

CARAVAN INGREDIENTS

Plain Bagel 4.5 oz- Rockland

Number of Servings: 1855.92 (127.57 g per serving)
Weight: 292561.69 g (Yield: 236761.15 g)

Nutrition Facts

Serving Size 1 Bagel (128g)
Servings Per Container

Amount Per Serving

Calories 370	Calories from Fat 15
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 770mg	32%
Total Carbohydrate 83g	27%
Dietary Fiber 3g	12%
Sugars 5g	
Protein 13g	

Vitamin A 0%	• Vitamin C 0%
Calcium 8%	• Iron 25%
Thiamin 45%	• Riboflavin 35%
Niacin 25%	• Folate 40%

*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	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients:

ENRICHED UNBLEACHED FLOUR (WHEAT FLOUR, MALT BARLEY FLOUR, NIACIN, FERROUS SULFATE, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SUGAR, SALT, CORN FLOUR, CULTURED WHEAT FLOUR WITH ADDED VINEGAR, YEAST, GUAR GUM, MONO-DIGLYCERIDES, MOLASSES, DIACETYL TARTARIC ACID ESTERS OF MONO-DIGLYCERIDES (DATEM), ASCORBIC ACID, ENZYME, L.-CYSTEINE

TOPPINGS MAY INCLUDE: POPPY SEEDS, SESAME SEEDS, SALT, CARAWAY SEEDS, GARLIC

Allergens:

Contains Wheat.