

Pre-Slices™

TM

FOOD SERVICE BAGELS

STORE
IN FREEZER
NO PRESERVATIVES
LOW FAT

6 Bagels

NET WT 18 OZ (1 LB 2 OZ) 510g

Nutrition Facts

Serving Size 1 bagel (85g)
Servings Per Container 6

Amount Per Serving
Calories 210 **Calories from Fat 5**

	%Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 450mg	19%
Total Carbohydrate 43g	14%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 7g	

Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 8%
Thiamin 20%	Riboflavin 6%
Niacin 10%	Folate 10%

*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

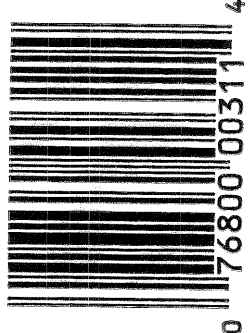
Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: ENRICHED WHEAT FLOUR (FLOUR, ENZYME, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID, ASCORBIC ACID (DOUGH CONDITIONER)), WATER, HIGH FRUCTOSE CORN SYRUP, YEAST, SALT, VITAL WHEAT GLUTEN, MONO AND DIGLYCERIDES, CALCIUM SULPHATE, GUAR GUM, ENZYME, L-CYSTEINE MONOHYDROCHLORIDE (DOUGH CONDITIONER), YELLOW CORN MEAL
CONTAINS WHEAT.

DISTRIBUTED BY:
PINNACLE FOODS CORPORATION
CHERRY HILL, NJ 08002-4112 USA

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EXCHANGE: 3 Carbohydrates Exchange calculations based on Exchange Lists for Meal Planning, ©1995, American Diabetes Association, Inc. and The American Dietetic Association.



PREPARATION INSTRUCTIONS

Toaster Directions

1. For ease in separating halves, microwave one whole bagel on paper towel at HIGH 15-20 seconds.
2. Brown bagel at LIGHT of LOW heat setting.
3. Allow bagel to cool briefly before removing from toaster.

Toasting Should Be Supervised

1. Attend toaster while heating and watch bagel carefully to avoid burning.
2. An adult should supervise heating by children.
3. Do not leave toaster unattended due to possible risk of fire.

Caution: Do not use metal utensils to remove bagel from toaster.

Microwave Directions

Microwaving will result in a softer, chewier crust.

1. Place one whole bagel on paper towel or microwave safe plate.
2. Microwave at HIGH for 25-30 seconds or until warm.

Allow bagel to cool briefly before handling.

Caution: Bagels may get hot. Use caution when handling. Microwave ovens vary. Cooking times are approximate.