

**Basic Report 18406, Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)**

Report Date: February 28, 2015 14:17 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	1 mini bagel (2-1/2" dia) 26g	1 small bagel (3" dia) 69g	1 medium bagel (3-1/2" to 4" dia) 105g	1 large bagel (4-1/2" dia) 131g
<b>Proximates</b>							
Water	g	32.60	9.24	8.48	22.49	34.23	42.71
Energy	kcal	275	78	72	190	289	360
Protein	g	10.50	2.98	2.73	7.24	11.02	13.76
Total lipid (fat)	g	1.60	0.45	0.42	1.10	1.68	2.10
Carbohydrate, by difference	g	53.40	15.14	13.88	36.85	56.07	69.95
Fiber, total dietary	g	2.3	0.7	0.6	1.6	2.4	3.0
<b>Minerals</b>							
Calcium, Ca	mg	18	5	5	12	19	24
Iron, Fe	mg	3.56	1.01	0.93	2.46	3.74	4.66
Magnesium, Mg	mg	29	8	8	20	30	38
Phosphorus, P	mg	96	27	25	66	101	126
Potassium, K	mg	101	29	26	70	106	132
Sodium, Na	mg	534	151	139	368	561	700
Zinc, Zn	mg	0.88	0.25	0.23	0.61	0.92	1.15
<b>Vitamins</b>							
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0	0.0	0.0
Thiamin	mg	0.538	0.153	0.140	0.371	0.565	0.705
Riboflavin	mg	0.315	0.089	0.082	0.217	0.331	0.413
Niacin	mg	4.562	1.293	1.186	3.148	4.790	5.976
Vitamin B-6	mg	0.051	0.014	0.013	0.035	0.054	0.067
Folate, DFE	µg	134	38	35	92	141	176
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0	0	0	0
Vitamin A, IU	IU	0	0	0	0	0	0
<b>Lipids</b>							
Fatty acids, total saturated	g	0.220	0.062	0.057	0.152	0.231	0.288

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Fatty acids, total monounsaturated	g	0.131	0.037	0.034	0.090	0.138	0.172
Fatty acids, total polyunsaturated	g	0.696	0.197	0.181	0.480	0.731	0.912
Cholesterol	mg	0	0	0	0	0	0