

**Full Report (All Nutrients) 45173184, ALBERTSONS, PLAIN NEW YORK BAGELS, UPC: 041144825654**
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**Report Date: June 18, 2019 13:02 EDT**

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer West Coast Grocery Company

Nutrient	Unit	Data points	Std. Error	0.5 BAGEL 57g	1 Value Per100 g
<b>Proximates</b>					
Energy	kcal	--	--	140	246
Protein	g	--	--	5.00	8.77
Total lipid (fat)	g	--	--	0.50	0.88
Carbohydrate, by difference	g	--	--	29.00	50.88
Fiber, total dietary	g	--	--	1.0	1.8
Sugars, total	g	--	--	1.00	1.75
<b>Minerals</b>					
Calcium, Ca	mg	--	--	0	0
Iron, Fe	mg	--	--	1.80	3.16
Sodium, Na	mg	--	--	240	421
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	--	--	6.0	10.5
Vitamin A, IU	IU	--	--	0	0
<b>Lipids</b>					
Fatty acids, total saturated	g	--	--	0.000	0.000
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	0	0

**Amino Acids**
**Other**
**Ingredients**

 ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE, RIBOFLAVIN, FOLIC ACID), WATER, SUGAR, YEAST, SALT, MALTED BARLEY FLOUR, WHEAT GLUTEN, HONEY POWDER (HONEY, MALTODextrin), BLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, FERROUS SULFATE, THIAMINE, RIBOFLAVIN, FOLIC ACID), DEXTROSE, MONO - AND DIGLYCERIDES, MOLASSES POWDER (MOLASSES, WHEAT STARCH, SILICON DIOXIDE), DATEM, HYDROLYZED WHEAT GLUTEN, ASCORBIC ACID, WHEAT FLOUR, CALCIUM SULFATE, SOYBEAN OIL, ENZYMES. *Date Available: 10/13/2017 Date Last Updated by Company: 10/13/2017*