

Elaine's Bagels

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Ingredients & Nutritional Facts

Salt Bagel

Bleached white gluten flour, sugar, salt, malted barley flour, molasses powder, wheat flour, ascorbic acid (vitamin C), calcium sulfate, enzymes, water, yeast, cornmeal, pretzel salt & poppy seeds

Plain Bagel

Bleached white gluten flour, sugar, salt, malted barley flour, molasses powder, wheat flour, ascorbic acid (vitamin C), calcium sulfate, enzymes, water, yeast, cornmeal

Cinnamon Raisin

Bleached white gluten flour, sugar, salt, malted barley flour, molasses powder, wheat flour, ascorbic acid (vitamin C), calcium sulfate, enzymes, water, yeast, cornmeal, brown sugar, cinnamon powder, raisins

Nutritional Facts	Salt	Cinnamon Raisin	Plain
Calories:	160	160	160
Calories from Fat:	5	10	5
Total Fat:	0g	1g	0g
Trans Fat:	0g	0g	0g
Sodium:	220mg	190mg	190mg
Total Carbohydrate:	28g	29g	28g
Sugars:	2g	3g	2g
Protein:	5g	5g	5g