

MADE IN

NEW YORK CITY

BROOKLYN FOOD GROUP

Brooklyn

THE TASTE OF NEW YORK

CRANBERRY ENERGY

BAGELS

NET WT 24OZ (1LB 8OZ) 680g

No Preservatives. No Trans Fat.



## Nutrition Facts

6 servings per container

**Serving size** 1 Bagel (113g)

Amount per serving

**Calories** 320

% Daily Value\*

**Total Fat** 2g 3%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 230mg 10%

**Total Carbohydrate** 65g 22%

Dietary Fiber 5g 20%

Total Sugars 8g

Includes 7g Added Sugars 14%

**Protein** 11g

Vit. D 0mcg 0% • Calcium 31mg 2%

Iron 4mg 20% • Potas. 152mg 4%

Thiamin 0.5mg 40% • Niacin 3mg 20%

Ribo. 0.25mg 20% • Folate 100mcg 25%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Whole Wheat Flour, Raisins, Contains 2% or Less of Each of The Following: Malt Syrup, Dried Cranberries, Brown Sugar, Sunflower Seeds, Flaxseeds, Wheat Gluten, Sea Salt, Raisin Juice Concentrate, Yeast, Malt Powder, Molasses Powder, Honey Powder, Soybean Oil, Ascorbic Acid, Enzymes.

Contains Wheat and Soy

### Simply The Best New York City Bagel!



Since they were first brought to New York in the 1880s and sold by pushcart vendors, everyone has loved the taste of a New York City Bagel. But what makes a New York City Bagel? It's the water! New York City water is low in calcium carbonate and magnesium, and this results in a better tasting bagel. What makes

Brooklyn Food Group's bagels even more exceptional is that they're made from the finest ingredients that owner Gerard Fodera sources from his family business, which has served New York City bakeries for over 90 years, using no chemical preservatives! Brooklyn Food Group is dedicated to delivering you the most delicious bagels, anywhere in the world.

Distributed by Brooklyn Food Group, Inc.  
Wantag, New York 11793 • 212.929.1513

Made in USA



**KEEP FROZEN** Until Ready To Eat

No Chemical Preservatives.  
We keep our bagels frozen for  
the freshest product possible.

### BROWN & SERVE INSTRUCTIONS

**Thawed Bagel:** Place in oven at 375°F for 5 minutes. Or simply toast in the toaster!

**Frozen Bagel:** Place in oven at 325°F for 10 minutes.

**Add Your Favorite  
Topping and Enjoy!**

Crust will be nice and crispy, but inside will be soft and chewy. Just like a great Brooklyn Food Group bagel should be.

[www.brooklynfoodgroup.com](http://www.brooklynfoodgroup.com)

