

# Hot & Spicy Bagel Sticks

<b>Nutrition Facts</b>			
Serving Size 2 piece (24g )			
Serving per container about : 8			
<b>Amount per serving</b>			
<b>Calories</b> 100	Calories from Fat 41		
%Daily Value *			
<b>Total Fat</b> 4.6 g	7%		
Saturated Fat 0.7 g	4%		
Trans fat 0 g	0 %		
<b>Cholesterol</b> 0 mg	0%		
<b>Sodium</b> 139 mg	6%		
<b>Total Carbohydrate</b> 12.7 g	4%		
Dietary Fiber 0g	0%		
Sugar 0 g			
<b>Protein</b> 1.9 g			
Vitamin A 0%	Vitamin C 0%		
Calcium 0%	Iron 6%		
* 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	2000	2500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9	●	Carbohydrate 4	● Protein 4