



## Nutritional Information

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
<b>Bagels</b>										
Blueberry	165	1	0		0	241	34	2	1	6
Chocolate Chip	174	1	1		0	236	34	2	2	6
Cinnamon Raisin	168	1	0		0	232	35	2	1	6
Cinnamon Sugar	175	1	0		0	241	37	1	1	6
Everything	168	1	0		0	389	34	2	1	6
Honey Oat	160	1	0		0	223	34	1	1	6
Plain	167	1	0		0	251	34	2	1	6
Sesame	179	2	0		0	238	33	2	1	7
Tomato Basil	161	1	0		0	280	33	2	1	6
Onion	168	1	0		0	246	35	2	1	6
<b>Spreads</b>										
Plain	90	9	6	0	25	200	2	0	1	1
Lite Plain	60	4.5	3	0	15	170	3	0	3	2
Strawberry	90	7	4.5	0	20	65	5	0	5	1
Veggie Lite	60	5	3.5	0	15	100	2	0	1	1
<b>Muffins</b>										
Banana Nut	195	11	2		21	121	21	1	12	4
Blueberry	168	8	2		24	136	22	0	12	2
Cinnamon Crumb Cake	212	13	5		37	135	21	0	11	3
Lemon Poppyseed	201	10	3		28	161	25	0	14	3
Chocolate Chip	211	11	3		25	142	27	1	16	3

Disclaimer: The information provided is as complete as reasonably possible at the time of publication - updated 7/10.