

**Bagel Nash® Magic Bagels
(Frozen)**



bagel nash

Ingredients	Wheat Flour, Water, Wholemeal flour, Salt, Sugar, Yeast, Malt, Vitamin D supplement.
Allergens	Wheat flour (gluten), Wholemeal flour (gluten).
Advisory note	May also contain milk, sesame and egg (Made in a factory which uses milk products, sesame and egg). Contains yeast.

Nutritional Information

Typical values	Per 100g	Per 115g bagel (1 serving)	% of Reference Intake (RI) per serving
Energy	1142 kJ	1313 kJ	14%
	240 kcal	276 kcal	14%
Fat of which saturates	3.5g	4.0g	6%
	1.4g	1.6g	8%
Carbohydrates of which sugars	51.6g	59.3g	-
	9.6g	11.0g	12%
Fibre	4.1g	4.7g	-
Protein	10.1g	11.6g	-
Salt	1.0g	1.2g	20%