

Organic Bake'mmm® Bagels



## Big City Original (Plain)

Item #90201

**INGREDIENTS:** Certified organic unbleached wheat flour, filtered spring water, certified organic cane sugar, unprocessed whole Celtic® sea salt, non-GMO yeast, corn meal.

ALLERGEN WARNING: Wheat

Nutrition Facts	
Serving Size 1 Bagel (100g)	
Amount per Serving	%DV
<b>Calories</b> 195	
Calories from Fat 5	
<b>Total Fat</b> 0.5g	<1%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 290mg	12%
<b>Total Carbohydrate</b> 42g	14%
Dietary Fiber 2g	
Sugars 2g	
<b>Protein</b> 7g	
Vitamin A 0%	Vitamin C 4%
Calcium 2%	Iron 6%
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	

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# Organic Bake'mmm® Bagels



## Everything, Plain

Item #90288

**INGREDIENTS:** Certified organic unbleached wheat flour, filtered spring water, certified organic cane sugar, unprocessed whole Celtic® sea salt, non-GMO yeast, certified organic dehydrated garlic, certified organic dehydrated onion, certified organic poppy seeds, certified organic sesame seeds, corn meal.

**ALLERGEN WARNING:** Wheat | Sesame

Nutrition Facts	
Serving Size 1 Bagel (100g)	
Amount per Serving	%DV
<b>Calories 221</b>	
Calories from Fat 5	
<b>Total Fat</b> 0.5g	<1%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 375mg	17%
<b>Total Carbohydrate</b> 45g	15%
Dietary Fiber 3g	
Sugars 3g	
<b>Protein</b> 8g	
Vitamin A 1%	Vitamin C 5%
Calcium 4%	Iron 6%

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## Heartland Whole Wheat

### Item #90401

**INGREDIENTS:** Certified organic stone-ground whole wheat flours, filtered spring water, certified organic cane sugar, unprocessed whole sea salt, non-GMO yeast, corn meal.

**ALLERGEN WARNING:** Wheat

<b>Nutrition Facts</b>	
Serving Size 1 Bagel (100g)	
Amount per Serving	%DV
<b>Calories</b> 195	
Calories from Fat 5	
<b>Total Fat</b> 1g	<1%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 320mg	13%
<b>Total Carbohydrate</b> 42g	14%
Dietary Fiber 6g	
Sugars 2g	
<b>Protein</b> 8g	
Vitamin A 0%	Vitamin C 6%
Calcium 4%	Iron 12%

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## Cranberry Whole Wheat

Item #90499

**INGREDIENTS:** Certified organic stone-ground whole wheat flours, filtered spring water, certified organic cranberries, certified organic cane sugar, unprocessed whole sea salt, non-GMO yeast, corn meal.

ALLERGEN WARNING: Wheat

<b>Nutrition Facts</b>	
Serving Size 1 Bagel (100g)	
Amount per Serving	%DV
<b>Calories 195</b>	
Calories from Fat 5	
<b>Total Fat 1g</b>	<1%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	0%
<b>Sodium 320mg</b>	13%
<b>Total Carbohydrate 44g</b>	15%
Dietary Fiber 7g	28%
Sugars 3g	
Fructose 2g Glucose 0g Sucrose 0g	
Maltose 1g Lactose 0g	
<b>Protein 8g</b>	
Vitamin A 0%	Vitamin C 8%
Calcium 6%	Iron 12%

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## Spinach & Roasted Garlic

Item #91016

**INGREDIENTS:** Organic unbleached wheat flour, filtered spring water, organic spinach, certified organic garlic, certified organic cane sugar, unprocessed whole sea salt, non-GMO yeast, corn meal.

ALLERGEN WARNING: Wheat

Nutrition Facts	
Serving Size 1 Bagel (100g)	
Amount per Serving	%DV
<b>Calories 205</b>	
Calories from Fat 5	
<b>Total Fat</b> 0.5g	<1%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 290mg	12%
<b>Total Carbohydrate</b> 42g	14%
Dietary Fiber 4g	
Sugars 2g	
<b>Protein 7g</b>	
Vitamin A 2%	Vitamin C 4%
Calcium 6%	Iron 10%
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	

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# Organic Bake'mmm® Bagels



## WW Multi-Grain & Currant

### Item #91045

**INGREDIENTS:** Organic stone-ground whole wheat Flours, filtered spring water, organic cracked wheat, organic oat flakes, organic rye chops, organic whole millet, organic currants, organic corn grits, organic spelt, organic flax, organic cane sugar, organic flax seed, unprocessed whole sea salt, non-GMO yeast, corn meal.

ALLERGEN WARNING: Wheat

Nutrition Facts	
Serving Size 1 Bagel (100g)	
Amount per Serving	%DV
<b>Calories 195</b>	
Calories from Fat 5	
<b>Total Fat 1g</b>	<1%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	0%
<b>Sodium 290mg</b>	12%
<b>Total Carbohydrate 42g</b>	14%
Dietary Fiber 7g	
Sugars 3g	
<b>Protein 8g</b>	
Vitamin A 2%	Vitamin C 8%
Calcium 6%	Iron 14%
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	

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# Organic Bake'mmm® Bagels



## Rustic Grain & Seed

### Item #90501

**INGREDIENTS:** Organic unbleached wheat flour, filtered spring water, organic cracked wheat, organic oat flakes, organic pumpkin seeds, organic sunflower seeds, organic rye chops, organic whole millet, organic currants, organic corn grits, organic spelt, organic flax, organic cane sugar, organic flax seed, unprocessed whole sea salt, non-GMO yeast, corn meal.

ALLERGEN WARNING: Wheat

Nutrition Facts	
Serving Size 1 Bagel (100g)	
Amount per Serving	%DV
<b>Calories 215</b>	
Calories from Fat 5	
<b>Total Fat</b> 2g	3%
Saturated Fat 0g	0%
Monounsaturated 0.5g	
Polyunsaturated 1.5g	
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 290mg	12%
<b>Total Carbohydrate</b> 42g	14%
Dietary Fiber 3g	
Sugars 2g	
<b>Protein</b> 9g	
Vitamin A 2%	Vitamin C 4%
Calcium 3%	Iron 10%
Potassium 3%	Magnesium 4%
Phosphorus 6%	Zinc 3%

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# Organic Bake'mmm® Bagels



## Roasted Garlic (aka Good Ol' Roasted Garlic)

### Item #91050

**INGREDIENTS:** Certified organic unbleached wheat flour, filtered spring water, certified organic roasted garlic, certified organic cane sugar, unprocessed whole Celtic® sea salt, non-GMO yeast, and corn meal.

ALLERGEN WARNING: Wheat

Nutrition Facts		
Serving Size 1 Bagel (100g)		
Servings Per Package 5		
Amount Per Serving	% Daily Value	
Calories 205	Calories from Fat 5	
Total Fat 0.5g	<1%	
Saturated Fat 0g	0%	
Trans Fat 0g	0%	
Cholesterol 0g	0%	
Sodium 290mg	12%	
Total Carbohydrates 45g	15%	
Dietary Fiber 2g	8%	
Sugars 2g		
Fructose 1g	Glucose 0g	Sucrose 0g
Maltose 1g	Lactose 0g	
Protein 8g		
Vitamin A 0%	Vitamin C 6%	
Iron 6%	Calcium 4%	

% Daily Values are based on a 2000 calorie diet.

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## Rosemary Greek Olive

Item #91013

**INGREDIENTS:** Certified organic unbleached wheat flour, filtered spring water, certified organic olives, certified organic cane sugar, certified organic rosemary, unprocessed whole Celtic® sea salt, non-GMO yeast, corn meal.

ALLERGEN WARNING: Wheat

Nutrition Facts		
Serving Size 1 Bagel (100g)		
Servings Per Package 5		
Amount Per Serving	% Daily Value	
Calories 200	Calories from Fat 7	
Total Fat 1g	2%	
Saturated Fat 0g	0%	
Trans Fat 0g	0%	
Cholesterol 0g	0%	
Sodium 295mg	12%	
Total Carbohydrates 42g	16%	
Dietary Fiber 3g	12%	
Sugars 2g		
Fructose 1g	Glucose 0g	Sucrose 0g
Maltose 1g	Lactose 0g	
Protein 8g		
Vitamin A 0%	Vitamin C 2%	
Iron 6%	Calcium 4%	
%Daily Values are based on a 2000 calorie diet.		

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# Organic Bake'mmm® Bagels



## Tuscan Herb Tomato

### Item #91018

**INGREDIENTS:** Certified organic unbleached wheat flour, filtered spring water, certified organic sundried tomatoes, certified organic garlic, certified organic cane sugar, certified organic herbs (oregano, marjoram, thyme, rosemary, basil, sage), unprocessed whole Celtic® sea salt, non-GMO yeast, corn meal.

ALLERGEN WARNING: Wheat

Nutrition Facts	
Serving Size 1 Bagel (100g)	
Servings Per Package 5	
Amount Per Serving	% Daily Value
Calories 245	Calories from Fat 10
Total Fat 0.5 g	<1%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0g	0%
Sodium 295mg	12%
Total Carbohydrates 50g	16%
Dietary Fiber 4g	12%
Sugars 4g	
Fructose 3% Glucose 2% Sucrose 0%	
Maltose 1% Lactose 0%	
Protein 10g	
Vitamin A 12%	Vitamin C 30%
Calcium 6%	Iron 10%
%Daily Values are based on a 2000 calorie diet.	

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Organic Bake'mmm® Bagels



## Cranberry Apple 'Licious

Item #91050

**INGREDIENTS:** Certified organic unbleached wheat flour, filtered spring water, certified organic apples, certified organic cranberries, certified organic cane sugar, unprocessed whole Celtic® sea salt, non-GMO yeast, corn meal.

ALLERGEN WARNING: Wheat

<b>Nutrition Facts</b>	
Serving Size 1 Bagel (100g)	
Amount per Serving	%DV
<b>Calories 195</b>	
Calories from Fat 5	
<b>Total Fat 0.5g</b>	<1%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	0%
<b>Sodium 290mg</b>	12%
<b>Total Carbohydrate 44g</b>	15%
Dietary Fiber 3g	10%
Sugars 3g	
Fructose 2g Glucose 0g Sucrose 0g	
Maltose 1g Lactose 0g	
<b>Protein 7g</b>	
Vitamin A 0%	Vitamin C 6%
Calcium 2%	Iron 6%

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# Organic Bake'mmm® Bagels



## Cranberry, Plain

Item #90299

**INGREDIENTS:** Certified organic unbleached wheat flour, filtered spring water, certified organic cranberries, certified organic cane sugar, unprocessed whole Celtic® sea salt, non-GMO yeast, and corn meal.

ALLERGEN WARNING: Wheat

Nutrition Facts	
Serving Size 1 Bagel (100g)	
Amount per Serving	%DV
<b>Calories 195</b>	
Calories from Fat 5	
<b>Total Fat</b> 0.5g	<1%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 290mg	12%
<b>Total Carbohydrate</b> 42g	14%
Dietary Fiber 4g	10%
Sugars 3g	
Fructose 2g Glucose 0g Sucrose 0g	
Maltose 1g Lactose 0g	
<b>Protein</b> 7g	
Vitamin A 0%	Vitamin C 8%
Calcium 6%	Iron 6%

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# Organic Bake'mmm® Bagels



## Onion

### Item #90270

**INGREDIENTS:** Certified organic unbleached wheat flour, filtered spring water, certified organic onions, certified organic cane sugar, unprocessed whole Celtic® sea salt, non-GMO yeast, and corn meal.

**ALLERGEN WARNING:** Wheat

<b>Nutrition Facts</b>	
Serving Size 1 Bagel (100g)	
Amount per Serving	%DV
<b>Calories 197</b>	
Calories from Fat 5	
<b>Total Fat 0.5g</b>	<1%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	0%
<b>Sodium 290mg</b>	12%
<b>Total Carbohydrate 44g</b>	14%
Dietary Fiber 2g	6%
Sugars 2g	
Fructose 1g Glucose 0g Sucrose 0g	
Maltose 1g Lactose 0g	
<b>Protein 7g</b>	
Vitamin A 0%	Vitamin C 4%
Calcium 2%	Iron 6%

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# Organic Bake'mmm® Bagels



## Aztec

### Item #91010

**INGREDIENTS:** Certified organic unbleached wheat flour, filtered spring water, certified organic corn, certified organic quinoa, certified organic cocoa powder, certified organic cane sugar, certified organic red pepper flakes, unprocessed whole Celtic® sea salt, non-GMO yeast, corn meal.

**ALLERGEN WARNING:** Wheat

<b>Nutrition Facts</b>	
Serving Size 1 Bagel (100g)	
Amount per Serving	%DV
<b>Calories 232</b>	
Calories from Fat 8	
<b>Total Fat 1g</b>	1%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	0%
<b>Sodium 290mg</b>	12%
<b>Total Carbohydrate 49g</b>	18%
Dietary Fiber 4g	10%
Sugars 2g	
Fructose 1g Glucose 0g Sucrose 0g	
Maltose 1g Lactose 0g	
<b>Protein 7g</b>	
Vitamin A 2%	Vitamin C 5%
Calcium 2%	Iron 10%
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	

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# Organic Bake'mmm® Bagels



## Chili Verde

### Item #91014

**INGREDIENTS:** Certified organic unbleached wheat flour, filtered spring water, certified organic garlic, certified organic jalapeno peppers, certified organic onion, certified organic cane sugar, certified organic cilantro, unprocessed whole Celtic® sea salt, non-GMO yeast, corn meal.

**ALLERGEN WARNING:** Wheat

<b>Nutrition Facts</b>	
Serving Size 1 Bagel (100g)	
Amount per Serving	%DV
<b>Calories 197</b>	
Calories from Fat 5	
<b>Total Fat 0.5g</b>	<1%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	0%
<b>Sodium 290mg</b>	12%
<b>Total Carbohydrate 44g</b>	14%
Dietary Fiber 2g	6%
Sugars 2g	
Fructose 1g Glucose 0g Sucrose 0g	
Maltose 1g Lactose 0g	
<b>Protein 7g</b>	
Vitamin A 0%	Vitamin C 4%
Calcium 2%	Iron 6%

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# Organic Bake'mmm® Bagels



## Chipotle - Cilantro

### Item #91011

**INGREDIENTS:** Certified organic unbleached wheat flour, filtered spring water, certified organic cane sugar, certified organic cilantro, chipotle peppers, unprocessed whole Celtic® sea salt, non-GMO yeast, and corn meal.

**ALLERGEN WARNING:** Wheat

Nutrition Facts	
Serving Size 1 Bagel (100g)	
Amount per Serving	%DV
<b>Calories</b> 195	
Calories from Fat 5	
<b>Total Fat</b> 0.5g	<1%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 290mg	12%
<b>Total Carbohydrate</b> 42g	14%
Dietary Fiber 2g	
Sugars 2g	
<b>Protein</b> 7g	
Vitamin A 0%	Vitamin C 4%
Calcium 2%	Iron 6%
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