

## NY Bagels - Nutritional Specifications

July 2015



### Plain

	Average per Serve (120g)	Average per 100g
Energy	1350	1120
Protein (N x 6.25)	10.8	9
Fat - Total	1.1	0.9
- saturated	0.2	0.2
Carbohydrate	64.4	53.6
- sugars	3	2.5
Sodium	542	452

### Sesame

	Average per Serve (120g)	Average per 100g
Energy	1470	1230
Protein (N x 6.25)	11.9	9.9
Fat - Total	3.9	3.2
- saturated	0.5	0.4
Carbohydrate	64.4	53.7
- sugars	3	2.5
Sodium	544	453

### Poppy

	Average per Serve (120g)	Average per 100g
Energy	1420	1180
Protein (N x 6.25)	11.3	9.5
Fat - Total	2.4	2
- saturated	0.3	0.3
Carbohydrate	64.8	54
- sugars	3.4	2.8
Sodium	543	452

### Everything

	Average per Serve (120g)	Average per 100g
Energy	1640	1360
Protein (N x 6.25)	13.4	11.2
Fat - Total	6.5	5.4
- saturated	0.8	0.7
Carbohydrate	66	55
- sugars	4.6	3.8
Sodium	548	456

### Cheese

	Average per Serve (120g)	Average per 100g
Energy	1610	1340
Protein (N x 6.25)	14.3	11.9
Fat - Total	6.6	5.5
- saturated	4.1	3.4
Carbohydrate	64.5	53.8
- sugars	3.2	2.6
Sodium	642	535

### Onion

	Average per Serve (120g)	Average per 100g
Energy	1380	1150
Protein (N x 6.25)	11.2	9.4
Fat - Total	1.1	0.9
- saturated	0.2	0.2
Carbohydrate	65.5	54.6
- sugars	4.1	3.4
Sodium	545	454

### Blueberry

	Average per Serve (120g)	Average per 100g
Energy	1440	1200
Protein (N x 6.25)	10.8	9
Fat - Total	1.2	1
- saturated	0.3	0.3
Carbohydrate	69.6	58
- sugars	9.4	7.8
Sodium	274	228

### Cinnamon/Raisin

	Average per Serve (120g)	Average per 100g
Energy	1410	1170
Protein (N x 6.25)	10.3	8.6
Fat - Total	1.1	0.9
- saturated	0.2	0.2
Carbohydrate	67.7	56.4
- sugars	11.8	9.8
Sodium	548	457

### Sourdough Rye

	Average per Serve (120g)	Average per 100g
Energy	1380	1150
Protein (N x 6.25)	11.6	9.6
Fat - Total	1.4	1.2
- saturated	0.2	0.2
Carbohydrate	64.1	53.4
- sugars	3.4	2.8
Sodium	577	481

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### Seven Grain

	Average per Serve (120g)	Average per 100g
Energy	1370	1140
Protein (N x 6.25)	10.3	8.6
Fat - Total	4.1	3.4
- saturated	0.5	0.4
Carbohydrate	59.5	49.6
- sugars	3.3	2.7
Sodium	577	481

### Soy & Linseed

	Average per Serve (120g)	Average per 100g
Energy	1420	1180
Protein (N x 6.25)	11.5	9.6
Fat - Total	3.8	3.1
- saturated	0.4	0.3
Carbohydrate	61.4	51.2
- sugars	3	2.5
Sodium	544	454

### Herb

	Average per Serve (120g)	Average per 100g
Energy	1430	1190
Protein (N x 6.25)	11.5	9.6
Fat - Total	1.2	1
- saturated	0.2	0.2
Carbohydrate	68.4	57
- sugars	3.2	2.6
Sodium	581	484

### Sun Dried Tomato

	Average per Serve (120g)	Average per 100g
Energy	1280	1070
Protein (N x 6.25)	10.5	8.8
Fat - Total	1.3	1.1
- saturated	0.2	0.2
Carbohydrate	59.5	49.6
- sugars	4.3	3.6
Sodium	505	421

### Fruit & Nut

	Average per Serve (120g)	Average per 100g
Energy	1450	1210
Protein (N x 6.25)	11	9.1
Fat - Total	2.3	1.9
- saturated	0.3	0.3
Carbohydrate	67.6	56.4
- sugars	9.4	7.8
Sodium	295	246

### Chia

	Average per Serve (120g)	Average per 100g
Energy	1200	1000
Protein (N x 6.25)	10.7	8.9
Fat - Total	2.5	2
- saturated	0.3	0.2
Carbohydrate	51	42.5
- sugars	1.1	0.9
Sodium	370	308