

## NY Bagels - Nutritional Specifications

July 2015



### Plain

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

### Sesame

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

### Poppy

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

### Everything

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

### Cheese

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

### Onion

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

### Blueberry

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

### Cinnamon/Raisin

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

### Sourdough Rye

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

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### Seven Grain

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

### Soy & Linseed

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

### Herb

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

### Sun Dried Tomato

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

### Fruit & Nut

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

### Chia

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