



BFree

# 235120 - Everything Bagels Gluten Free

Rise and Shine with tasty BFree bagels! Our bagels are made with a delicious blend of flour and hand-rolled by our team of bakers before baking to perfection. Gluten free bagel with a blend of garlic and onion seasoning topped with poppy and flaxseed. Enjoy toasted!



## Nutrition Facts

Servings per Container **4**  
Serving size **80grams (1EA)**

Amount per serving  
**Calories 180**

% Daily Value\*

<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 590mg	<b>26%</b>
<b>Total Carbohydrate</b> 40g	<b>15%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 1g	
Includes 1g Added Sugar	<b>2%</b>

<b>Protein</b> 3g	
Vitamin D 0mcg	<b>0%</b>
Calcium 30mg	<b>2%</b>
Iron 1.1mg	<b>6%</b>
Potassium 105mg	<b>2%</b>

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### \* Benefits

Gluten Free, Wheat Free, Dairy Free and Vegan. Rise and Shine with tasty BFree bagels! Our bagels are made with a delicious blend of flour and hand-rolled by our team of bakers before baking to perfection. Gluten free bagel with a blend of garlic and onion seasoning topped with poppy and flaxseed. Enjoy toasted!

### Ingredients

Water, Corn Starch, Rice Flour, Tapioca Starch, Potato Starch, Glycerin, Inulin, Canola Oil, Yeast, Salt, Poppy Seeds, Flax Seeds, Pea Fiber, Psyllium Husk, Fermented Corn Flour (Preservatives), Potato Fiber, Carbohydrate Gum, Sugar, Pea Protein Isolate, Dried Onion Flakes, Dried Garlic Flakes, Xanthan Gum, Glucono Delta Lactone, Malic Acid (Mold Inhibitor), Citric Acid (Mold Inhibitor), Tartaric Acid (Mold Inhibitor).  
May contain Sesame

### ⚠ Allergens

#### Free From:

- crustaceans
- eggs
- fish
- milk
- peanuts
- sesame
- soy
- tree nuts
- wheat

### Handling Suggestions

Store frozen at 0F. Once defrosted and open use within 10 days. UNIT  
UPC: 840202208220

### Serving Suggestions

Toast and serve

### Prep & Cooking Suggestions

Toast

### 📄 Product Specifications

Brand	Manufacturer
BFree	BFree Foods USA

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
840202208220	BF512	235120	00840202208237		12/11.3 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
9.14lb	8.47lb	Canada	Yes	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
17.4in	13.5in	6.7in	0.91ft3	6x9	59days	-5°F / -2°F



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### Nutrition Analysis - By Measure

Calories	180	Total Fat	3g	Sodium	590mg
Protein	3	Trans Fats	0g	Calcium	30mg
Total Carbohydrates...	40g	Saturated Fat	0g	Iron	1.1mg
Sugars	1g	Added Sugars	1g	Potassium	105mg
Dietary Fiber	4g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(U)		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2	
Monosodium		Sulphites		Nitrates	

### Additional Images

