

### Lender's 63036100 - Len Fz Orig Whl Wt 12/6/2 Z

Start your day right with a delicious Lender's Original Recipe Whole Wheat Bagel. Lender's 'fresh lock' system immediately freezes bagels after baking which guarantees fresh baked quality right from your freezer.



|  |           | Nutrition FactsServings per Container6Serving size1Bagel(57g)   |     |  |
|--|-----------|---|-----|--|
|  |           |   |     |  |
| Pender   |           | Amount per serving<br>Calories  | 140 |  |
| aved bounce of silles  | network   | % Daily Value*  |     |  |
|  |           | Total Fat 1g  | 1%  |  |
|  |           | Saturated Fat 0g  | 0%  |  |
|  |           | Trans Fat 0g  |     |  |
|  |           | Cholesterol 0mg   | 0%  |  |
| <b>≭</b> Benefits  |           | Sodium 270mg  | 12% |  |
|  |           | Total Carbohydrate 27g  | 10% |  |
|  |           | Dietary Fiber 3g  | 11% |  |
|  |           | Total Sugars 4g   | 2   |  |
|  |           | Includes Added Sugar  | 8%  |  |
| Ingredients  | Allergens | Protein 7g  |     |  |
|  |           | Vitamin D   | 0%  |  |
| INGREDIENTS: WHOLE WHEAT<br>FLOUR, WATER, HIGH FRUCTOSE<br>CORN SYRUP, VITAL WHEAT   | Contains: | Calcium 10mg  | 1%  |  |
|  | wheat     | Iron  | 8%  |  |
| GLUTEN, YEAST. CONTAINS 2%<br>OR LESS OF: SALT, DISTILLED  |           | Potassium 130mg   | 3%  |  |
| MONOGLYCERIDES, SOYBEAN OIL,<br>CARAMEL COLOR, DOUGH<br>CONDITIONERS (CALCIUM<br>SULFATE, L-CYSTEINE), XANTHAN<br>GUM, YELLOW CORN MEAL. |           | * The % Daily Value (DV) tells you how muc<br>a serving of food contributes to a daily diet.<br>a day is used for general nutrition advice. |     |  |

### Handling Suggestions

Follow storage and usage instructions as printed on consumer packaging.

Serving Suggestions

Follow serving suggestions as printed on the packaging.

## Prep & Cooking Suggestions

Please follow preparation instructions as printed on the consumer packaging.

# Product Specifications

| В                    |              | Manufacturer   |                        |         |                 |  |  |  |
|----------------------|--------------|----------------|------------------------|---------|-----------------|--|--|--|
| Le                   |              | Conagra Brands |                        |         |                 |  |  |  |
| MFG #                | SPC #        | GT             | IN                     | Pack    | Pack Desc.      |  |  |  |
| 7680000018           | 63036100     | 10076800       | 10076800000189         |         | cs              |  |  |  |
| Gross Weight         | Net Weight   | Country of (   | untry of Origin Kosher |         | Child Nutrition |  |  |  |
| 10.5lb               | 9lb          | USA            | USA                    |         | No              |  |  |  |
| Shipping Information |              |                |                        |         |                 |  |  |  |
| Length Width         | Height Vo    | lume TIxHI     | Shelf Life             | Storage | e Temp From/To  |  |  |  |
| 18.19in 11.19i       | n 7.88in 0.9 | 93ft3 9x11     | 365DAYS                | C       | )°F / 20°F      |  |  |  |





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### Nutrition Analysis - By Serving

| Calories             | 140 | Total Fat           | 1g  | Sodium        | 270mg  |
|----------------------|-----|---------------------|-----|---------------|--------|
| Protein              | 7   | Trans Fats          | Og  | Calcium       | 10mg   |
| Total Carbohydrates… | 27g | Saturated Fat       | Og  | Iron          |        |
| Sugars               | 4g  | Added Sugars        |     | Potassium     | 130mg  |
| Dietary Fiber        | 3g  | Polyunsaturated Fat | Og  | Zinc          |        |
| Lactose              |     | Monounsaturated Fat | Og  | Phosphorus    |        |
| Sucrose              |     | Cholesterol         | 0mg |               |        |
| Vitamin A(IU)•       |     | Vitamin D           |     | Thiamin       |        |
| Vitamin A(RE)        |     | Vitamin E           |     | Niacin        |        |
| Vitamin C            |     | Folate              |     | Riboflavin    |        |
| Magnesium            |     | Vitamin B-6         |     | Vitamin B-12• | -<br>- |
| Monosodium           |     | Sulphites           |     | Nitrates      |        |

### Additional Images



