



**PRODUCT INFORMATION**

**CODE #73048**  
**PLAIN WHOLE GRAIN BAGEL**  
Individually Wrapped  
**GFS # 675831**

Has 2 oz equivalent grains (32 total grams of flour)  
Made with over 50% Whole Grain Flour

**Packaging Specifications:**

BAR CODE	CASE CODE	DIMENSIONS (L x W x H)	NET / GROSS WEIGHT	QTY	CUBE	TIE/TIER
<b>CASE:</b> 007-73479-73048-7	#7 BOX	20.125" X 11.875" X 9.00" 51.11cm X 30.16cm X 22.86cm	9.75 lb / 11.75 lb 4.36 kg / 5.34 kg	78	1.21	8 x 8
<b>UNIT:</b> N/A			2 oz 56 g	1		

**INGREDIENTS:** STONE GROUND WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, ASCORBIC ACID, FOLIC ACID, ENZYMES), WATER, WHEAT GLUTEN, SUGAR, SALT, YEAST, SOYBEAN AND/OR CANOLA OIL, CULTURED WHEAT FLOUR.  
**CONTAINS: WHEAT. MAY CONTAIN SESAME SEEDS, EGGS, MILK, SOY, TREE NUTS.**

**Handling Instructions:** Keep frozen until ready to use.  
Remove desired number of Bagels from Box  
Reseal and return part box to freezer immediately.  
Defrost completely at room temperature before serving.  
Do not re-freeze.

**Nutrition Facts**

Serving Size 1 Bagel 2 oz (56g)	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories 150</b>	<b>Calories from Fat 10</b>
<b>% Daily Value*</b>	
<b>Total Fat 1g</b>	<b>2%</b>
<b>Saturated Fat 0g</b>	<b>0%</b>
<b>Trans Fat 0g</b>	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 290mg</b>	<b>12%</b>
<b>Total Carbohydrate 28g</b>	<b>9%</b>
<b>Dietary Fiber 3g</b>	<b>12%</b>
<b>Sugars 2g</b>	
<b>Protein 7g</b>	
<b>Vitamin A 0%</b>	<b>Vitamin C 0%</b>
<b>Calcium 2%</b>	<b>Iron 10%</b>
<small>*Percent Daily Values are based on a 2,000 calorie diet.</small>	

**Certification:**

I certify the above is true.

Tyler Smith.  
QA and RA Manager  
Date: April 20, 2015

**2168587 ONTARIO LT. O/A UPPER CRUST**  
55 Canarctic Drive, Toronto, On. M3J 2N7 CANADA  
Tel: 416-661-9455 Fax: 416-661-3577