

## BAGEL BUNS

### Plain Bagel Bun\*

**Wheat** Flour (**Wheat** Flour Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Maize, Yeast, Rapeseed Oil, Salt, **Wheat Gluten**, Malted **Barley** Flour, Flour Treatment Agent (Ascorbic Acid).

Nutrition Facts	Per portion (115g)	Per 100g
Energy (Kcal)	295Kcal	257kcal
Energy (Kj)	1236kj	1075kj
Fat	1.8g	1.6g
of which Saturates	0.2g	0.2g
Carbohydrates	57.5g	50g
of which Sugars	5.7g	5g
Fibre	3.5g	3.1g
Protein	10.4g	9.1g
Salt	0.73g	0.64g

### Multigrain Bagel Bun\*

**Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Brown Linseed (5%), Sunflower Seeds (3%), **Barley** Flakes (2%), Poppy Seed (2%), Sugar, Malted **Barley** Flour, **Wheat Gluten**, Yeast, Rapeseed Oil, Maize Grits, Salt, Flour Treatment Agent (Ascorbic Acid).

Nutrition Facts	Per portion (115g)	Per 100g
Energy (Kcal)	326kcal	284kcal
Energy (Kj)	1366kj	1188kj
Fat	6.4g	5.6g
of which Saturates	1.2g	1.1g
Carbohydrates	58.6g	51g
of which Sugars	5.1g	4.5g
Fibre	7.8g	6.8g
Protein	12.2g	10.6g
Salt	0.67g	0.59 g

### Poppy Seed Bagel Bun\*

**Wheat** Flour (**Wheat** Flour Calcium Carbonate, Iron, Niacin, Thiamin), Water, Poppy Seeds (2%), Sugar, Maize, Yeast, Rapeseed Oil, Salt, **Wheat Gluten**, Malted **Barley** Flour, Flour Treatment Agent (Ascorbic Acid).

Nutrition Facts	Per portion (115g)	Per 100g
Energy (Kcal)	305kcal	266Kcal
Energy (Kj)	1292kj	1124Kj
Fat	2.8g	2.4 g
of which Saturates	0.3g	0.3g
Carbohydrates	57.5g	50g
of which Sugars	5.8g	5g
Fibre	3.9g	3.4g
Protein	10.8g	9.4g
Salt	0.72g	0.63g

### Sesame Seed Bagel Bun\*

\* Received frozen.

For allergens, see ingredients in **bold**.

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**Wheat** Flour (Contains Calcium Carbonate, Iron, Niacin, Thiamin), Water, **Sesame** Seeds (3%), Sugar, Maize Grits, Yeast, Rapeseed Oil, Salt, **Wheat Gluten**, Malted **Barley** Flour, Flour Treatment Agent (Ascorbic Acid).

Nutrition Facts	Per portion (115g)	Per 100g
Energy (Kcal)	299kcal	260Kcal
Energy (Kj)	1265kj	1088Kj
Fat	2.3g	2.0g
of which Saturates	0.3g	0.3g
Carbohydrates	57.1g	49.7g
of which Sugars	5.7g	5.0g
Fibre	3.2g	2.8g
Protein	10.5g	9.2g
Salt	0.71g	0.63g

#### Raisin & Cinnamon Bagel Bun\*

**Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Raisins (6%), Sugar, Yeast, Maize Grits, Rapeseed Oil, Salt, Cinnamon (Cassia) (0.6%), **Wheat Gluten**, Flour Treatment Agent (Ascorbic Acid).

Nutrition Facts	Per portion (115g)	Per 100g
Energy (Kcal)	299kcal	260kcal
Energy (Kj)	1251kj	1088kj
Fat	1.6g	1.4g
of which Saturates	0.2g	0.2g
Carbohydrates	59.3g	51.6g
of which Sugars	10.9g	9.5g
Fibre	3.5g	3.1g
Protein	9.7g	8.5g
Salt	0.69g	0.6g

#### Cheese and Jalapeño Bagel Bun\*

White **Wheat** Flour, Sugar, Salt, Malt Flour (**Barley**), Yeast, Water, Dextrose, Flour Treatment Agent (E300), Emulsifier (E472e), Grated Cheese (**Milk**), Jalapeño

Nutrition Facts	Per portion (105g)	Per 100g
Energy (Kcal)	281kcal	268kcal
Energy (Kj)	1304kj	1242kj
Fat	3.6g	3.4g
of which Saturates	0.4g	0.4g
Carbohydrates	57.4g	54.7g
of which Sugars	4.3g	4.1g
Fibre	2.4g	2.3g
Protein	9.6g	9.2g
Salt	0.63g	0.6g

\* Received frozen.

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