

**GFS Plain Bagels, Sliced Fully Baked, Frozen, 2.8 Ounce, 6 Ct Bag, 15/Case**

Item Number: 175600



Offering a unique, handmade flavor, these plain bagels are made using quality ingredients to provide an ideal breakfast item, snack, or more.

- Fully baked eliminating labor and preparation time
- Sliced for fast and easy preparation reducing labor and eliminating knife use
- Thaw-and-serve convenience reduces labor and preparation time



15/Case

\$20.39
\$0.23/ea

QTY

Nutrition

Based On: AP Bagel, Plain, Slcd, GFS Rounding: On

Ingredients

ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SUGAR, 2% OR LESS OF EACH OF SALT, YEAST, VEGETABLE OIL (CANOLA OIL OR SOYBEAN OIL), CORNMEAL, RYE FLOUR, PRESERVATIVES (CALCIUM PROPIONATE, SORBIC ACID, POTASSIUM SORBATE), DOUGH CONDITIONERS (MONOGLYCERIDES, ASCORBIC ACID, ENZYMES, CALCIUM SULFATE), LACTIC ACID. COMMON ALLERGENS PRESENT: WHEAT. MAY CONTAIN: SOY, EGG. Nutrition & Ingredient statement updated April 2015. The ingredient and nutrition information provided here reflect the current information provided to GFS by its suppliers. Prior to consuming the product, individuals with severe allergies should confirm the ingredient information on the actual label of the product.

Nutrition Facts

Serving Size 1 each (80g)	
Amount Per Serving	
Calories 200	Calories From Fat 13.5
% Daily Value *	
Fat 1.5g	2%
Saturated Fat0g	n/a
Trans Fat0g	
PolyUnsat. Fat1g	n/a
MonoUnsat Fat0g	n/a
Cholesterol 0mg	n/a
Sodium 410mg	17%
Potassium 70mg	2%
Carbohydrates 40g	13%
Fiber1g	4%
Sugar2g	
Protein 7g	14%
Vitamin A 0% Vitamin B6 0% Vitamin B12 null%	
Vitamin C 0% Vitamin D 0% Calcium 6% Iron 15%	
Phosphorous 6% Magnesium 3% Zinc 3% Thiamin 29%	
Riboflavin 16% Niacin B3 20% Folic Acid 26%	
* Based on a 2000 calories diet	
Calories Per Gram:	
Fat: 9 Carbohydrates: 4 Protein: 4	

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Water Soluble Vitamins:

Thiamin	0.44 mg
Riboflavin	0.28 mg
Niacin B3	4.09 mg
Pantothenic Acid	n/a
Folic Acid	102.48 mcg
Vitamin B6	0 mg
Vitamin B12	0 mcg
Vitamin C	0 mg

Updated For New Final Rule:

Meat/Meat Alternative	n/a
Grain/Breads	n/a
Fruit	n/a
Red/Orange	n/a
Dark Green	n/a
Starchy	n/a
Beans/Peas	n/a
Other	n/a
Notes:	n/a

Fat Soluble Vitamins:

Vitamin D IU	0 IU
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	0 IU

Minerals:

Phosphorous	55.5 mg
Zinc	0.5 mg
Magnesium	13.44 mg
Copper	n/a
Selenium	n/a
Calcium	60 mg
Iron	2.7 mg
Manganese	n/a
Iodine	n/a

Additional Images



GFS Cinnamon Raisin Bagels, Sliced Fully Baked, Frozen, 2.8 Ounce, 6 Ct Bag, 15/Case



Item Number: 175630 **K**



Offering a unique, handmade flavor, these cinnamon raisin bagels are made using quality ingredients to provide an ideal breakfast item, snack, or more.

- Fully baked eliminating labor and preparation time
- Sliced for fast and easy preparation reducing labor and eliminating knife use
- Thaw-and-serve convenience reduces labor and preparation time

15/Case

\$21.74
\$0.24/ea

QTY

Nutrition

Based On: AP Bagel, Cinn Raisin, 2.8z GFS

Rounding: On

Ingredients

ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, RAISINS, SUGAR, YEAST, SALT, CINNAMON, CORNMEAL, VEGETABLE OIL (CANOLA OIL OR SOYBEAN OIL), WHEAT GLUTEN, PRESERVATIVES (CALCIUM PROPIONATE, POTASSIUM SORBATE, SORBIC ACID), DOUGH CONDITIONERS (MONOGLYCERIDES, ENZYMES, CALCIUM SULFATE), CARAMEL COLOR, MALTED BARLEY FLOUR. COMMON ALLERGENS PRESENT: WHEAT. MAY CONTAIN: SOY, EGG. Nutrition and Ingredient statement updated April 2015. The ingredient and nutrition information provided here reflects the current information provided to GFS by its suppliers. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product.

Nutrition Facts

Serving Size 1 each (79g)	
Amount Per Serving	
Calories 200	Calories From Fat 13.5
% Daily Value *	
Fat 1.5g	2%
Saturated Fat0g	n/a
Trans Fat0g	
PolyUnsat. Fat0g	n/a
MonoUnsat Fat0g	n/a
Cholesterol 0mg	n/a
Sodium 300mg	12%
Potassium 100mg	3%
Carbohydrates 40g	13%
Fiber2g	8%
Sugar5g	
Protein 6g	12%
Vitamin A IU 0% Vitamin B6 1% Vitamin B12 null%	
Vitamin C 0% Vitamin D IU null% Calcium 6% Iron 15%	
Phosphorous 5% Magnesium 3% Zinc 3% Thiamin 27%	
Riboflavin 15% Niacin B3 19% Folic Acid 23%	
* Based on a 2000 calories diet	
Calories Per Gram:	
Fat: 9 Carbohydrates: 4 Protein: 4	

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Water Soluble Vitamins:

Thiamin	0.4 mg
Riboflavin	0.26 mg
Niacin B3	3.72 mg
Pantothenic Acid	n/a
Folic Acid	93.49 mcg
Vitamin B6	0.01 mg
Vitamin B12	0 mcg
Vitamin C	0.29 mg

Updated For New Final Rule:

Meat/Meat Alternative	n/a
Grain/Breads	n/a
Fruit	n/a
Red/Orange	n/a
Dark Green	n/a
Starchy	n/a
Beans/Peas	n/a
Other	n/a
Notes:	n/a

Fat Soluble Vitamins:

Vitamin D IU	0.01 IU
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	2.82 IU

Minerals:

Phosphorous	54.6 mg
Zinc	0.4 mg
Magnesium	13.4 mg
Copper	n/a
Selenium	n/a
Calcium	70.31 mg
Iron	2.45 mg
Manganese	n/a
Iodine	n/a

Additional Images