

# 171400 - Everything Bagels

Toasted onion and garlic add flavor throughout the bagel. Plus, poppy and sesame seeds give an oh-so-satisfying crunch and texture. It's the perfect foundation for cream cheese and lox or a hearty breakfast sandwich, boosting your meal with extra flavor, plus 17g protein, and 20g of fiber. Just like a classic deli bagel, these come unsliced for maximum seed coverage.



## MARKETING

The newest item in the Hero Bread Crafted Collection brings you everything you love about an Everything Bagel, but with just 5g net carbs and 0g Sugar. Unsliced, just like your favorite deli bagel.

## PRODUCT SPECIFICATIONS

Code		GTIN		Pack Description			
714		10850047659603		6/13.2 OZ			
Brand		Brand Owner		GPC Description			
Hero Bread		Hero Labs Inc		Bread (Frozen)			
Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition		
5.85 LBR	4.96 LBR	No	United States	Undeclared	No		
Shipping							
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To	
13.38 INH	9.18 INH	7.5 INH	0.53 FTQ	13x07	176 Days	-5 FAH / -2.5 FAH	
Traceability Regulation							
Regulation Type Code	Regulatory Act	Trade Item Regulation Compliant	Regulation Restrictions and Descriptors				
N/A	N/A	N/A	N/A				

## HANDLING SUGGESTIONS

Eat within 7 days or freeze immediately.---UNIT  
UPC: 850047659606---

## ALLERGENS

C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; INI = 'Intentionally nor Inherently Included'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

- Milk - N
- Eggs - N
- Soybean - N
- Wheat - C
- Sesame - C
- Molluscs - N
- Peanuts - N
- Tree - N
- Fish - N
- Shellfish - N
- Crustaceans - N

## Nutrition Facts

5 Servings per container	
<b>Serving Size</b>	<b>75 grams</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>140</b>
% Daily Value*	
<b>Total Fat</b> 4.5 g	<b>6%</b>
Saturated Fat 0.5 g	<b>3%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 520 mg	<b>23%</b>
<b>Total Carbohydrates</b> 25 g	<b>9%</b>
Dietary Fiber 20 g	<b>71%</b>
Total Sugars 0 g	
Includes 0 g Added Sugars	<b>0%</b>
<b>Protein</b> 17 g	
Vitamin D 0 mcg	0%
Calcium 20 mg	2%
Iron 2.9 mg	15%
Potassium 70 mg	2%

\* The % Daily Values (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.

## INGREDIENTS

Water, Resistant Wheat Starch, Wheat Protein, Fava Bean Protein, Jerusalem Artichoke Fiber, Rice Flour, Olive Oil, Onion, Contains 2% or less of: Yeast, Hulled Sesame Seeds, Poppy Seeds, Garlic, Salt, Vinegar, Cultured Wheat Flour, Wheat Flour, Guar Gum, Enzymes, Cornmeal. Contains: Wheat, Sesame

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## PREPARATION & COOKING SUGGESTIONS

We recommend thawing for 60 minutes before serving or warming up. To warm, slice your bagel and toast for 1-2 minutes.

## SERVING SUGGESTIONS

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## MORE INFORMATION