

CHIA & FLAX SEED SUPERFOOD BAGEL

Nutrition Facts Valeur nutritive

Per 1 Bagel (116 g)
pour 1 Bagel (116 g)

| | % Daily Value * |
|---|------------------------|
| | % valeur quotidienne * |
| Calories 260 | |
| Total Fat / Lipides 6 g | 9% |
| Saturated / saturés 1 g | 4% |
| + Trans / trans 0 g | |
| Polyunsaturated / polyinsaturés 2.5 g | |
| Omega-6 / oméga-6 1 g | |
| Omega-3 / oméga-3 1 g | |
| Monounsaturated / monoinsaturés 2.5 g | |
| Total Carbohydrate / Glucides 46 g | |
| Fibre / Fibres 9 g | 36% |
| Sugars / Sucres 3 g | 6% |
| Protein / Protéines 6 g | |
| Cholesterol / Cholestérol 0 mg | 0% |
| Sodium / Sodium 360 mg | 15% |
| Potassium / Potassium 225 mg | 6% |
| Calcium 100 mg | 9% |
| Iron / Fer 3 mg | 21% |

*5% or less is a little, 15% or more is a lot

*5% ou moins c'est peu, 15% ou plus c'est beaucoup

INGREDIENTS:

Water, Millet flour, Sorghum flour, Tapioca starch, Gluten free oat flour, Psyllium husk, Pure maple syrup, Olive oil, Ground white chia seed, Flax seeds, Black chia seeds, Millet seeds, Yeast, Apple cider vinegar, Cultured rice flour, Salt, Baking powder

CINNAMON RAISIN SUPERFOOD BAGEL

Nutrition Facts Valeur nutritive

Per 1 Bagel (116 g)
pour 1 Bagel (116 g)

| | % Daily Value * |
|---|------------------------|
| | % valeur quotidienne * |
| Calories 270 | |
| Total Fat / Lipides 5 g | 8% |
| Saturated / saturés 1 g | 4% |
| + Trans / trans 0 g | |
| Polyunsaturated / polyinsaturés 1.5 g | |
| Omega-6 / oméga-6 1 g | |
| Omega-3 / oméga-3 0.5 g | |
| Monounsaturated / monoinsaturés 2.5 g | |
| Total Carbohydrate / Glucides 51 g | |
| Fibre / Fibres 9 g | 36% |
| Sugars / Sucres 6 g | 13% |
| Protein / Protéines 6 g | |
| Cholesterol / Cholestérol 0 mg | 0% |
| Sodium / Sodium 360 mg | 15% |
| Potassium / Potassium 225 mg | 6% |
| Calcium 100 mg | 9% |
| Iron / Fer 3.5 mg | 25% |

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INGREDIENTS:

Water, Millet flour, Sorghum flour, Tapioca starch, Gluten free oat flour, Raisin, Psyllium husk, Olive oil, Ground chia seed, Vegetable oil, Yeast, Apple cider vinegar, Cultured rice flour, Salt, Pure maple syrup, Baking powder, Cinnamon

EVERYTHING SUPERFOOD BAGEL

Nutrition Facts Valeur nutritive

Per 1 Bagel (116 g)
pour 1 Bagel (116 g)

| | % Daily Value * |
|---|------------------------|
| | % valeur quotidienne * |
| Calories 260 | |
| Total Fat / Lipides 4 g | 6% |
| Saturated / saturés 0.5 g | 3% |
| + Trans / trans 0 g | |
| Polyunsaturated / polyinsaturés 1.5 g | |
| Omega-6 / oméga-6 0.4 g | |
| Omega-3 / oméga-3 0.9 g | |
| Monounsaturated / monoinsaturés 1 g | |
| Total Carbohydrate / Glucides 51 g | |
| Fibre / Fibres 10 g | 40% |
| Sugars / Sucres 3 g | 6% |
| Protein / Protéines 6 g | |
| Cholesterol / Cholestérol 0 mg | 0% |
| Sodium / Sodium 620 mg | 26% |
| Potassium / Potassium 300 mg | 9% |
| Calcium 150 mg | 14% |
| Iron / Fer 3 mg | 21% |

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INGREDIENTS:

Water, Sorghum flour, Arrowroot flour, Fava bean flour, Tapioca starch, Potato starch, Apple cider vinegar, Psyllium husk, Ground chia seed, Agave syrup, Poppy seeds, Baking powder, Yeast, Dried Garlic, Cultured rice flour, Olive oil, Dried onion, Sea salt, Garlic powder, Sunflower lecithin