



# Sunrise Bagels & More

## Plain Bagel

48 count to a Case – Unsliced – Traditional Shape  
Item #20193

### FEATURES:

- Fully Baked Product
- Traditional Shape
- 100% Natural: No Eggs, Oils or Preservatives
- Only Natural Fats

### BENEFITS:

- Ready to Warm and Serve
- 100% Usable Product
- Sliceable for Sandwiches
- Steamed, not boiled, for water purity



### INGREDIENTS:

hi-gluten wheat flour (unbleached, enriched, enzyme ascorbic acid), water, malt, salt, cane sugar, yeast, corn meal.

### ESTABLISHMENT:

#### PHYSICAL PARAMETERS:

**Code Number:** 20193  
**14-digit UPC#:** 855593000120193  
**Product Weight:** 4.2 oz. avg.  
**Units per Case:** 48  
**Case Net Weight:** 15.8 lbs.  
**Case Tare:** 0.86 lbs  
**Case Dimensions:** L = 18.3 in.; W = 10.4 in.; H = 10.6 in.  
**Case Cube:** 1.167 ft<sup>3</sup>  
**Tie/High:** 9 x 6  
**Shelf Life:** 4 days Fresh, 182 days Frozen, 9 days Refrigerated.

### HANDLING INSTRUCTIONS:

Product has been frozen at a point in the process to preserve all natural freshness. Maintain frozen product under 32°F to maximize shelf life. To prepare, place in proofer for 10 minutes, or on a pan in a cooler (covered) overnight.

## Nutrition Facts

Serving Size (120g)  
Servings Per Container

Amount Per Serving

**Calories 290**      **Calories from Fat 5**

% Daily Value\*

**Total Fat 1g**      **1%**

Saturated Fat 0g      **1%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 440mg**      **18%**

**Total Carbohydrate 60g**      **20%**

Dietary Fiber 2g      **9%**

Sugars 0g

**Protein 8g**

Vitamin A 0%      • Vitamin C 0%

Calcium 2%      • Iron 20%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

*Kindred Bread*

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