



Black Hills Bagels Nutritional Information																	
	Serving Size	Weight (g);	Calories	Calories from Fat	Total Fat (g.)	Saturated Fat (g.)	Trans Fats (g.)	Cholesterol (mg.)	Sodium (mg.)	Total Carbs (g.)	Dietary Fiber (g.)	Sugars (g.)	Protein (g.)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Amigo	1 Bagel	113	300	30	3	1.5	0	5	620	54	5	3	13	2	0	8	20
Apple Walnut Cinn	1 Bagel	136	360	35	4	0.5	0	0	540	68	6	8	13	0	0	2	20
Blueberry	1 Bagel	119	330	15	1.5	0	0	0	450	70	6	19	10	0	0	2	15
Cheddar	1 Bagel	136	350	35	3.5	1.5	0	10	620	64	6	4	15	2	0	8	20
Cherry	1 Bagel	119	330	10	1	0	0	0	500	69	6	15	12	0	0	2	20
Chocolate Chip	1 Bagel	128	380	45	5	2.5	0	0	0	72	7	15	13	0	0	2	30
Cinnamon Knot	1 Bagel	128	330	10	1	0	0	0	570	67	7	5	13	0	0	4	20
Cinn Raisin Swirl	1 Bagel	113	330	10	1	0	0	0	530	69	7	11	12	0	0	4	20
Cinnamon Swirl	1 Bagel	128	330	10	1	0	0	0	570	67	7	5	13	0	0	4	20
Cranberry	1 Bagel	113	310	10	1	0	0	0	500	64	6	10	12	0	0	2	20
Energy Bar	1 Bagel	128	360	30	3	0	0	0	540	71	7	12	13	0	0	4	20
Everything	1 Bagel	136	380	50	6	0.5	0	0	540	58	7	5	15	0	0	10	25
Garlic	1 Bagel	128	330	10	1	0	0	0	560	67	6	3	14	0	0	2	20
Great Grain	1 Bagel	113	350	10	1.5	0	0	0	720	72	7	8	14	0	0	2	25
Honey W. Wheat	1 Bagel	119	340	20	2.5	0	0	0	900	69	7	9	14	0	0	2	20
Onion	1 Bagel	119	330	10	1	0	0	0	560	67	6	5	13	0	0	4	20
Peanut Butter	1 Bagel	130	360	50	5	3	0	0	530	66	5	11	13	0	0	2	20
Plain	1 Bagel	113	330	10	1	0	0	0	590	67	6	4	14	0	0	2	20
Poppy Seed	1 Bagel	113	350	30	3	0	0	0	570	66	7	4	14	0	0	8	25
Pumpkin	1 Bagel	136	350	10	1	0	0	0	570	73	6	12	12	20	0	2	20
Sesame Seed	1 Bagel	125	360	35	4	0.5	0	0	590	67	7	4	14	0	0	2	25
Sourdough	1 Bagel	113	340	20	2	0	0	0	910	67	6	4	14	0	0	4	20
Spinach Parm	1 Bagel	113	280	10	1	0	0	0	500	55	6	3	11	25	0	2	20
Strawberry	1 Bagel	113	330	10	1	0	0	0	510	70	6	12	12	0	0	2	20
Sunflower	1 Bagel	113	300	25	3	0.5	0	0	460	59	5	4	11	0	0	4	20
Tomato Basil	1 Bagel	119	390	15	1.5	0	0	0	570	60	5	3	11	0	0	2	20
Vanilla Nut	1 Bagel	156	440	60	7	3.5	0	0	600	80	7	15	15	0	0	6	25
Veggie	1 Bagel	119	250	10	1	0	0	0	450	51	5	3	10	20	0	2	15
White Choc Chip	1 Bagel	119	410	35	4	3	0	0	510	70	5	16	12	0	0	4	20