Bakery Nutrition Facts

Bagels & Bialys	Serving Size (g)	Calories	Total Fat (g)	Total Fat (%DV)	Saturated Fat (g)	Saturated Fat (%DV)	Trans Fat (g)	Cholesterol (mg)	Cholesterol (%DV)	Sodium (mg)	Sodium (%DV)	Total Carbohydrates (g)	Total Carbohydrates (%DV)	Dietary Fiber (g)	Dietary Fiber (%DV)	Sugar (g)	Added Sugar (g)	Added Sugar (%DV)	Protein (g)	Vitamin D (%DV)	Calcium (%DV)	Iron (%DV)	Potassium (%DV)
Bagels	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
27 Grains & Seeds Bagel	1 each (113g)	290	5	6	0	0	0	0	0	520	23	53	19	9	32	10	7	14	14	0	4	10	8
Blueberry Bagel	1 each (113g)	300	1	1	0	0	0	0	0	570	25	63	23	4	14	8	5	10	10	0	4	15	0
Cinnamon Raisin Bagel	1 each (113g)	300	1	1	0	0	0	0	0	550	24	65	24	4	14	13	7	14	10	0	4	15	2
Everything Bagel	1 each (113g)	300	1.5	2	0	0	0	0	0	670	29	61	22	4	14	7	5	10	10	0	4	20	2
Garlic Parmesan Bagel	1 each (113g)	300	3	4	1	5	0	5	2	600	26	56	20	4	14	4	2	4	13	0	10	15	2
Honey Apple Oat Bagel	1 each (113g)	290	1.5	2	0	0	0	0	0	480	21	54	20	4	14	9	0	0	11	0	4	15	2
Jalapeno Bagel	1 each (113g)	300	2.5	3	1.5	8	0	5	2	710	31	59	21	4	14	7	5	10	11	0	6	15	2
Plain Bagel	1 each (113g)	290	1	1	0	0	0	0	0	600	26	62	23	4	14	7	5	10	10	0	4	15	0
Poppyseed Bagel	1 each (113g)	300	1.5	2	0	0	0	0	0	590	26	61	22	4	14	7	5	10	11	0	6	20	2
Pumpernickel Bagel	1 each (113g)	280	1	1	0	0	0	0	0	600	26	59	21	6	21	3	2	4	10	6	4	15	2
Rosemary Bagel	1 each (113g)	290	1	1	0	0	0	0	0	600	26	62	23	4	14	7	5	10	10	0	4	15	0
Salted Bagel	1 each (117g)	290	1	1	0	0	0	0	0	2200	96	62	23	4	14	7	5	10	10	0	4	20	0
Sesame Bagel	1 each (113g)	300	2	3	0	0	0	0	0	590	26	61	22	4	14	7	5	10	11	0	4	20	0
Sourdough Bagel	1 each (113g)	280	1	1	0	0	0	0	0	580	25	59	21	4	14	4	2	4	11	0	2	15	0
Sun Dried Tomato Parm Bagel	1 each (113g)	300	3	4	1.5	8	0	5	2	600	26	57	21	4	14	7	5	10	12	0	10	15	4
Bialys	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Apple Bialy	1 each (148g)	360	5	6	2	10	0	5	2	600	26	72	26	3	9	22	19	38	8	0	2	15	4
Blueberry Bialy	1 each (148g)	350	5	6	2	10	0	5	2	590	26	69	25	3	10	20	19	38	8	0	2	15	4
Cheese Pizza Bialy	1 each (143g)	340	11	14	5	25	0	25	8	920	40	45	16	2	5	2	1	1	16	0	20	15	4

Have questions or comments? Call Wegmans Consumer Care Center:
1-800-WEGMANS (934-6267)
Monday - Friday 8 AM – 7 PM ET
Saturday & Sunday 8 AM – 5 PM ET

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Cherry Bialy	1 each (148g)	350	5	6	2	10	0	5	2	590	26	68	25	3	9	21	19	38	8	0	2	15	4
Garlic White Pizza Bialy	1 each (121g)	330	10	13	4.5	21	0	15	6	850	37	44	16	2	6	2	1	1	15	0	20	15	4
Lemon Bialy	1 each (148g)	350	5	7	2	10	0	10	3	600	26	69	25	2	8	20	20	40	8	0	2	15	4
Pepperoni Pizza Bialy	1 each (152g)	380	14	18	6	31	0	30	10	1050	46	45	16	2	5	2	1	1	17	0	20	15	4
Raspberry Bialy	1 each (148g)	400	3	4	1.5	7	0	5	2	550	24	85	31	5	17	32	30	59	9	0	2	15	2