

Nutritional Information and Analysis

The Original Brooklyn Water Bagel Co.

Bagel	Calories	Total fat (g)	Sat fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Chol. (mg)	Sodium (mg)	Potassium (mg)	Carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
- Scoop Nutritional Information	200							400	20	44	1	3	7
Asiago Bagel	360	2	1				5	750	30	73	2	6	14
Cinnamon Raisin Bagel	360							670	95	79	3	6	13
Everything Bagel	390	4	0.5		2	1		840	90	76	3	6	14
Garlic Bagel	340							670	45	74	2	6	13
Marble Bagel	370							680	60	79	3	6	13
Multigrain Bagel	370	1						670	65	78	3	6	14
Onion Bagel	360							670	80	77	3	6	13
Plain Bagel	340							670	30	73	2	6	12
Poppy Bagel	350	1			0.5			670	50	73	3	6	13
Pumpnickel Bagel	390	0.5						690	170	85	5	9	14
Sesame Bagel	370	2.5			1	1		670	55	74	3	6	13
Whole Wheat Bagel	380							670	70	83	3	10	14
Whole Wheat Everything Bagel	430	4	0.5		2	1		840	135	87	5	10	15

Bagelwich	Calories	Total fat (g)	Sat fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Chol. (mg)	Sodium (mg)	Potassium (mg)	Carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Add On Dill Pickle Spear								310	30	1			
Albacore Tuna Salad Bagel	570	10	1.5				65	810	750	76	3	8	43
BLT	520	13	4		1.5	6	35	1440	390	76	3	8	25
Chunky Chicken Salad Sandwich	650	18	3		1	1	90	900	480	80	4	11	42
Classic Corned Beef Reuben	990	50	20		7	18	185	2840	390	83	4	12	52
Fresh Egg Salad Sandwich	630	24	5		1.5	4	405	960	260	77	3	8	25
Freshly Sliced Nova Ham And Cheese	610	21	11		1.5	6	75	1980	320	78	3	9	27
Turkey Breast Sandwich	790	30	16		1.5	11	130	2690	610	82	5	8	48
Whitefish Salad Sandwich	490	2.5				0.5	55	1970	580	82	4	12	35
Whitefish Salad Sandwich	700	29	4				75	1370	150	82	5	11	27

Brooklyn Rappers	Calories	Total fat (g)	Sat fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Chol. (mg)	Sodium (mg)	Potassium (mg)	Carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Add On Dill Pickle								310	30	1			
Chicken Caesar	910	52	14		20	11	145	1880	460	55	7	2	57
Chunky Chicken Salad	600	25	6		1	1	90	980	470	57	7	5	39
Fresh Turkey	1040	69	19		1	4.5	140	2360	600	61	8	6	44
Tuna Wrap	520	17	4.5				65	900	740	53	7	1	39

Deluxe Salad Platters	Calories	Total fat (g)	Sat fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Chol. (mg)	Sodium (mg)	Potassium (mg)	Carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Brooklyn Water Trio Salad Platter	880	34	4.5		1.5	2.5	265	1040	1040	106	8	15	50
Egg Salad Platter	810	35	5		1.5	4	405	1040	730	105	8	14	31
Homemade Chunky Chicken Salad Platter	730	23	2		0.5	1	60	900	800	107	8	15	39
Tuna Salad Platter	740	21	1.5		0.5		65	890	1130	102	7	12	49

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Muffin	Calories	Total fat (g)	Sat fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Chol. (mg)	Sodium (mg)	Potassium (mg)		Dietary fiber (g)	Sugars (g)	Protein (g)
1.5 servings per muffin													
Apple Cinnamon Muffin	370	13	6		1	4.5	55	740	125	54	2	10	8
Black And White Muffin	500	16	5		3	3	3	590	75	89	2	61	4
Blueberry Muffin	350	11	3		1.5	5	65	800	140	54	3	2	8
Chocolate Chip Muffins	550	31	21		2	6	85	410	160	67	2	43	6
Corn Muffin	550	17	5		2	9	105	1350	220	84	4		13
Stud Muffins	580	36	18		9	7	90	430	170	59	2	31	9

Pizza Melts	Calories	Total fat (g)	Sat fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Chol. (mg)	Sodium (mg)	Potassium (mg)	Carbo hydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Classic Cheese Pizza Melt	950	36	19		1.5	9	95	1800	410	98	5	16	59
Pepperoni	1510	86	36	2	5	28	210	3670	730	98	5	16	84
Sausage	1320	67	31	1.5	2.5	23	185	2540	700	98	5	16	79
Veggie Love	970	36	19		1.5	9	95	1800	700	104	6	19	60

Scooper Melts	Calories	Total fat (g)	Sat fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Chol. (mg)	Sodium (mg)	Potassium (mg)	Carbo hydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Add On Dijon Mustard	15							340					
Add On Russian Dressing	100	7	0.5		4	1.5		280	50	9		5	
Cordon Bleu	740	31	16		2	9	205	1360	570	35	2	3	76
Corned Beef Reuben	760	45	21		1.5	17	190	2340	360	36	3	4	51
Monte Cristo	580	27	15		1.5	8	125	1840	420	38	2	5	46
The Protein Melt	650	23	11		1.5	3	165	790	920	39	3	7	71
The Veggie Lover	440	18	10			1.5	55	670	480	40	3	8	31
Tuna Melt	450	13	7		0.5	3.5	80	1020	740	37	1	7	46

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Side	Calories	Total fat (g)	Sat fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Chol. (mg)	Sodium (mg)	Potassium (mg)	Carbo hydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Add On Dill Pickle Spear								310	30	1			
Apple Jelly	100									27		21	
Cucumber Salad	40							190		10	2	8	1
Fresh Pasta Salad	90	6						60		18	2		4
Freshly Grated Cole Slaw	160	8	1				5	520		18	4	12	1
Fruit Salad	70							10	280	17	1	14	1
Grape Jelly	100									27		21	
Hard Cooked Eggs	80	5	1.5		0.5	2	210	60	65	1			6
Low Fat Nova Cream Cheese Spread	200	15	8		1	4	55	840	260	7		5	11
Low Fat Plain Cream Cheese	230	17	10		0.5	4.5	60	530	280	9		7	9
Low Fat Scallion Cream Cheese	230	17	10		0.5	4.5	60	530	290	9		7	9
Low Fat Veggie Cream Cheese	230	17	10		0.5	4.5	60	530	290	9		7	9
Macaroni Salad	220	8	1				4	660		28	2	6	3
Mixed Fruit Jelly	100									27		21	
Natural Peanut Butter	250	21	4.5		6	10		200	280	8	3	4	11
Nova Cream Cheese	330	32	17		1.5	8	105	710	160	4		3	9
Plain Cream Cheese	390	39	22		1.5	10	125	360	160	5		4	7
Red Bliss Potato Salad	180	1						140		13			1
Sauteed Mushrooms	300	23	3		2.5	17		30	2030	20	3	8	11
Sauteed Onions	380	23	3.5		2.5	17		65	660	42	8	19	5
Scallion Cream Cheese	350	35	19		1.5	9	110	330	160	5		3	6
Sliced Nova W/cream Cheese, Tomato & Onion	140	11	6		0.5	3	40	660	150	3		2	7
Vegetable Cream Cheese	320	31	18		1.5	8	100	300	170	5		3	6
Whipped Butter	300	34	21		1.5	10	95	350	10				

Signature 3 Egg Bagel Sandwiches	Calories	Total fat (g)	Sat fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Chol. (mg)	Sodium (mg)	Potassium (mg)	Carbo hydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Asiago Hangover Melt	1320	86	45		5	26	830	2280	490	77	2	8	60
Bacon, Egg, Cheese Sandwich	920	44	20		3.5	15	725	1810	450	76	2	8	55
Egg And Cheese Sandwich	790	34	17		2.5	11	700	1240	310	76	2	8	46
Egg Whites w/ Spinach, Mushroom & Alpine Lace Sandwich	630	13	7				40	1230	880	81	4	10	50
Ham, Egg, Cheese Sandwich	840	37	18		3	12	715	1610	400	77	3	8	51
Sausage, Egg, Cheese Sandwich	920	44	20		4	15	735	1610	460	76	2	8	56
Veggie Lovers Sandwich	580	16	5		2	6	640	900	480	79	3	9	33

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Menu group	Items
Bagel	14
Bagelwich	10
Brooklyn Rappers	5
Deluxe Salad Platters	4
Muffin	6
Pizza Melts	4
Scooper Melts	8
Side	24
Signature 3 Egg Bagel Sandwiches	7

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Per-serving details for all items

40785.37222

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