

NUTRITIONAL FACTS

EASTERN STANDARD PROVISIONS CO.

Brioche Style Pretzel Bites w/ Seasonings

NUTRITION FACTS*	Topknot Signature XL Soft Pretzel	Wheelhouse Signature Soft Pretzel	Turnbuckle Soft Pretzel Stick	SlidePiece Soft Pretzel Slider Bun	One-Timer Soft Pretzel Bites	FourSeam Soft Pretzel Bun
Serving size	6.4 oz (181g)	4 oz (113g)	1.5 oz (43g)	1.5 oz (43g)	5 bites/ 2.3oz (68g)	4 oz (113g)
	1 serving per container	1 serving per container	6 servings per container	6 servings per container	about 5 servings per container	2 servings per container
Calories per serving	530	310	110	110	180	310
	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*
Total Fat	9g 11%	5g 6%	2g 2%	2g 2%	3g 4%	5g 6%
Saturated Fat	1.5g 6%	0.5g 4%	0g 0%	0g 0%	0g 0%	0.5g 4%
Trans Fat	0g	0g	0g	0g	0g	0g
Cholesterol	0mg 0%	0mg 0%	0mg 0%	0mg 0%	0mg 0%	0mg 0%
Sodium	980mg 43%	560mg 24%	210mg 9%	210mg 9%	340mg 15%	560mg 24%
Total Carbohydrates	94g 34%	54g 20%	20g 7%	20g 7%	32g 12%	54g 20%
Dietary Fiber	4g 13%	2g 7%	<1g 3%	<1g 3%	1g 4%	2g 7%
Total Sugars	4g	2g	<1g	<1g	1g	2g
Includes Added Sugars	4g 7%	2g 4%	<1g 2%	<1g 2%	1g 3%	2g 4%
Protein	15g	8g	3g	3g	5g	8g
Vitamin D	0mcg 0%	0mcg 0%	0mcg 0%	0mcg 0%	0mcg 0%	0mcg 0%
Calcium	20mg 2%	10mg 0%	0mg 0%	0mg 0%	6mg 0%	10mg 0%
Iron	5.5mg 30%	3.1mg 15%	1.2mg 6%	1.2mg 6%	1.9mg 10%	3.1mg 15%
Potassium	140mg 4%	80mg 2%	30mg 0%	30mg 0%	50mg 2%	80mg 2%
<p>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</p> <p>INGREDIENTS: Wheat Flour, Water, Soybean Oil, Granulated Sugar, Salt, Yeast, Vinegar CONTAINS: Wheat *Pretzels only. Does not include salt or your choice of toppings.</p>						