

# NUTRITION FACTS

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<b>Serving size</b>	
<b>Calories per serving</b>	
<b>Total Fat</b>	
Saturated Fat	
Trans Fat	
<b>Cholesterol</b>	
<b>Sodium</b>	
<b>Total Carbohydrates</b>	
Dietary Fiber	
Total Sugars	
Includes Added Sugars	
<b>Protein</b>	
Vitamin D	
Calcium	
Iron	
Potassium	

\* 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.

<b>Topknot</b> Signature XL Soft Pretzel	
<b>Serving size</b>	<b>6.4 oz (181g)</b>
	1 serving per container
<b>Calories per serving</b>	<b>530</b>
	% Daily Value*
<b>Total Fat</b>	9g <b>11%</b>
Saturated Fat	1.5g <b>6%</b>
Trans Fat	0g
<b>Cholesterol</b>	0mg <b>0%</b>
<b>Sodium</b>	980mg <b>43%</b>
<b>Total Carbohydrates</b>	94g <b>34%</b>
Dietary Fiber	4g <b>13%</b>
Total Sugars	4g
Includes Added Sugars	4g <b>7%</b>
<b>Protein</b>	15g
Vitamin D	0mcg 0%
Calcium	20mg 2%
Iron	5.5mg 30%
Potassium	140mg 4%

<b>Wheelhouse</b> Signature Soft Pretzel	
<b>Serving size</b>	<b>4 oz (113g)</b>
	1 serving per container
<b>Calories per serving</b>	<b>310</b>
	% Daily Value*
<b>Total Fat</b>	5g <b>6%</b>
Saturated Fat	0.5g <b>4%</b>
Trans Fat	0g
<b>Cholesterol</b>	0mg <b>0%</b>
<b>Sodium</b>	560mg <b>24%</b>
<b>Total Carbohydrates</b>	54g <b>20%</b>
Dietary Fiber	2g <b>7%</b>
Total Sugars	2g
Includes Added Sugars	2g <b>4%</b>
<b>Protein</b>	8g
Vitamin D	0mcg 0%
Calcium	10mg 0%
Iron	3.1mg 15%
Potassium	80mg 2%

<b>Turnbuckle</b> Soft Pretzel Stick	
<b>Serving size</b>	<b>1.5 oz (43g)</b>
	6 servings per container
<b>Calories per serving</b>	<b>110</b>
	% Daily Value*
<b>Total Fat</b>	2g <b>2%</b>
Saturated Fat	0g <b>0%</b>
Trans Fat	0g
<b>Cholesterol</b>	0mg <b>0%</b>
<b>Sodium</b>	210mg <b>9%</b>
<b>Total Carbohydrates</b>	20g <b>7%</b>
Dietary Fiber	<1g <b>3%</b>
Total Sugars	<1g
Includes Added Sugars	<1g <b>2%</b>
<b>Protein</b>	3g
Vitamin D	0mcg 0%
Calcium	0mg 0%
Iron	1.2mg 6%
Potassium	30mg 0%

<b>SlidePiece</b> Soft Pretzel Slider Bun	
<b>Serving size</b>	<b>1.5 oz (43g)</b>
	6 servings per container
<b>Calories per serving</b>	<b>110</b>
	% Daily Value*
<b>Total Fat</b>	2g <b>2%</b>
Saturated Fat	0g <b>0%</b>
Trans Fat	0g
<b>Cholesterol</b>	0mg <b>0%</b>
<b>Sodium</b>	210mg <b>9%</b>
<b>Total Carbohydrates</b>	20g <b>7%</b>
Dietary Fiber	<1g <b>3%</b>
Total Sugars	<1g
Includes Added Sugars	<1g <b>2%</b>
<b>Protein</b>	3g
Vitamin D	0mcg 0%
Calcium	0mg 0%
Iron	1.2mg 6%
Potassium	30mg 0%

<b>One-Timer</b> Soft Pretzel Bites	
<b>Serving size</b>	<b>5 bites/ 2.3oz (68g)</b>
	about 5 servings per container
<b>Calories per serving</b>	<b>180</b>
	% Daily Value*
<b>Total Fat</b>	3g <b>4%</b>
Saturated Fat	0g <b>0%</b>
Trans Fat	0g
<b>Cholesterol</b>	0mg <b>0%</b>
<b>Sodium</b>	340mg <b>15%</b>
<b>Total Carbohydrates</b>	32g <b>12%</b>
Dietary Fiber	1g <b>4%</b>
Total Sugars	1g
Includes Added Sugars	1g <b>3%</b>
<b>Protein</b>	5g
Vitamin D	0mcg 0%
Calcium	6mg 0%
Iron	1.9mg 10%
Potassium	50mg 2%

<b>FourSeam</b> Soft Pretzel Bun	
<b>Serving size</b>	<b>4 oz (113g)</b>
	2 servings per container
<b>Calories per serving</b>	<b>310</b>
	% Daily Value*
<b>Total Fat</b>	5g <b>6%</b>
Saturated Fat	0.5g <b>4%</b>
Trans Fat	0g
<b>Cholesterol</b>	0mg <b>0%</b>
<b>Sodium</b>	560mg <b>24%</b>
<b>Total Carbohydrates</b>	54g <b>20%</b>
Dietary Fiber	2g <b>7%</b>
Total Sugars	2g
Includes Added Sugars	2g <b>4%</b>
<b>Protein</b>	8g
Vitamin D	0mcg 0%
Calcium	10mg 0%
Iron	3.1mg 15%
Potassium	80mg 2%

INGREDIENTS: Wheat Flour, Water, Soybean Oil, Granulated Sugar, Salt, Yeast, Vinegar  
CONTAINS: Wheat  
\*Pretzels only. Does not include salt or your choice of toppings.

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