

# NUTRITIONAL FACTS

## Nutrition Facts

Varied servings per container

**Serving size** 1 Pretzel (117g)

**Amount Per Serving**

**Calories** 300

**% Daily Value\***

**Total Fat** 4g 5%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 380mg 17%

**Total Carbohydrate** 56g 20%

Dietary Fiber 2g 7%

Total Sugars 2g

Includes 2g Added Sugars 4%

**Protein** 9g

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 3.7mg 20%

Potassium 110mg 2%

\* 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.

INGREDIENTS: ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, POTASSIUM BROMATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, CANOLA OIL, LESS THAN 2% OF: DARK BROWN SUGAR (BROWN CANE SUGAR), SALT, CULTURED WHEAT STARCH, VINEGAR, ENZYMES, YEAST

CONTAINS: WHEAT

MANUFACTURED BY: THE PRETZEL COMPANY - 75 ABERDEEN ROAD YORK, PA 17406

# NUTRITIONAL FACTS

## Nutrition Facts

12 servings per container

**Serving size 1 Pretzel (170g)**

**Amount Per Serving**

**Calories 430**

**% Daily Value\***

**Total Fat** 6g **8%**

Saturated Fat 0.5g **3%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 540mg **23%**

**Total Carbohydrate** 80g **29%**

Dietary Fiber 3g **11%**

Total Sugars 4g

Includes 2g Added Sugars **4%**

**Protein** 12g

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 5.3mg 30%

Potassium 150mg 4%

\* 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.

INGREDIENTS: BLEACHED, ENRICHED FLOUR, MALTED BARLEY FLOUR, POTASSIUM BROMATE (NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, CANOLA OIL, DARK BROWN SUGAR (CANE SUGAR, CANE SYRUPS), SALT, ENZYMES, CULTURED WHEAT STARCH, YEAST

CONTAINS: WHEAT

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**Nutrition Facts** Servings 8, Serv. Size: 2 TBSP (28g),  
Amount Per Serving **Calories 70**: Total Fat 6g (8% DV), Sat.  
Fat 3.5g (18% DV) *Trans* Fat 0g **Cholest.** 15mg (5% DV), **Sodium**  
390mg (17% DV), **Total Carb.** <1g (0% DV), Fiber 0g (0% DV), Total  
Sugars 0g (Incl.0g Added Sugars, (0% DV) **Protein** 3g, Vit. D (0% DV),  
Calcium (8% DV), Iron (0% DV) Potas. (0% DV).

**INGREDIENTS:** Cheddar Cheese (pasteurized milk, cheese cultures, salt, enzymes, color added), Water, Milkfat, Sodium Phosphate, Whey, Enzyme Modified Cheese, Salt, Sodium Alginate, Sorbic Acid (preservative), Lactic Acid, Color Added.

**CONTAINS: MILK**

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<b>Nutrition Facts</b>		Amount/serving	%DV*	Amount/serving	%DV*	
Servings Per Container: 68	Serving Size: 1 tsp. (5g)	Total Fat	0g	0%	Total Carb.	2g 1%
		Sat. Fat	0g	0%	Fiber	0g 0%
Amount per serving		Trans Fat	0g	Total Sugars	1g	
<b>Calories 10</b>		Includes 1g of Added Sugars			2%	
		Cholest.	0mg	0%	Protein	0g
		Sodium	55mg	2%		
Vitamin D 0mcg 0% • Calcium 3mg 0% • Iron 0mg 0% • Potassium 5mg 0%						
*%DV = % Daily Value						

**INGREDIENTS:** Sugar, Distilled Vinegar, Water, Mustard Seed, Honey, Salt, Spice, Artificial Flavoring, Turmeric, Soybean Oil, Citric Acid.