

# 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

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