

# Ingredients

Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, salt, yeast, soda.

# Allergy Information

CONTAINS: WHEAT.

## Nutrition Facts

|                               |                      |
|-------------------------------|----------------------|
| Serving Size: 1 Pretzel (28g) |                      |
| Amount Per Serving            |                      |
| Calories: 100                 | Calories from Fat: 0 |
| % Daily Value                 |                      |
| Total Fat: 0g                 | 0%                   |
| Saturated Fat: 0g             | 0%                   |
| Trans Fat: 0g                 |                      |
| Cholesterol: 0mg              | 0%                   |
| Sodium: 240mg                 | 10%                  |
| Total Carbohydrate: 22g       | 7%                   |
| Dietary Fiber: 1g             | 4%                   |
| Sugars: 0g                    |                      |
| Protein: 3g                   |                      |
| Vitamin A: 0%                 | Vitamin C: 0%        |
| Calcium: 0%                   | Iron: 6%             |
| Thiamin: 10%                  | Niacin: 8%           |
| Riboflavin: 8%                | Folate: 15%          |

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

|                    |                |           |         |
|--------------------|----------------|-----------|---------|
|                    | Calories:      | 2,000     | 2,500   |
| Total Fat          | Less than      | 65g       | 80g     |
| Sat Fat            | Less than      | 20g       | 25g     |
| Cholesterol        | Less than      | 300mg     | 300mg   |
| Sodium             | Less than      | 2,400mg   | 2,400mg |
| Total Carbohydrate |                | 300g      | 375g    |
| Dietary Fiber      |                | 25g       | 30g     |
| Calories per gram: |                |           |         |
| Fat 9              | Carbohydrate 4 | Protein 4 |         |