



NUTRITION OUTPUT FORM

ITEM NUMBER: 30110

ITEM DESCRIPTION: 2.2OZ WHOLE GRAIN SOFT PRETZEL

Nutrition Facts	
100 servings per container	
Serving size	1 pretzel (62g)
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 30g	11%
Dietary Fiber 3g	11%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1.8mg	10%
Potassium 100mg	2%
*The % Daily Value 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.	

Nutrition Facts	
100 servings per container	
Serving size	1 pretzel with 1/2 tsp (2g) salt (64g)
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 930mg	40%
Total Carbohydrate 30g	11%
Dietary Fiber 3g	11%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1.8mg	10%
Potassium 100mg	2%
*The % Daily Value 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.	

100g NUTRITIONAL	
Basic Components	
Calories (kcal)	242.607
Calories from Fat (kcal)	12.780
Protein (g)	8.681
Carbohydrates (g)	48.898
Dietary Fiber (2016) (g)	4.358
Total Sugars (g)	0.640
Added Sugar (g)	0.313
Fat (g)	1.420
Saturated Fat (g)	0.016
Mono Fat (g)	0.016
Poly Fat (g)	0.528
Trans Fatty Acid (g)	0
Cholesterol (mg)	0
Water (g)	39.187
Ash (g)	0.305
Vitamins	
Vitamin A - RAE (mcg)	0
Vitamin C (mg)	3.336
Vitamin D - IU (IU)	22.254
Vitamin D - mcg (mcg)	0.556
Minerals	
Calcium (mg)	18.321
Iron (mg)	3.290
Potassium (mg)	164.963
Sodium (mg)	229.998

INGREDIENTS: WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, CONTAINS 2% OR LESS OF THE FOLLOWING: WHEAT GLUTEN, BARLEY MALT POWDER (MALTED BARLEY FLOUR, WHEAT FLOUR, DEXTROSE), DOUGH CONDITIONER (ENRICHED WHEAT FLOUR [NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], ENZYMES), ASCORBIC ACID, BICARBONATES AND CARBONATES OF SODA.

SALT PACKET: SALT.

CONTAINS WHEAT.

DOES NOT CONTAIN BIOENGINEERED FOOD INGREDIENTS.

LAST MODIFIED: 3.13.23

MODIFIED BY: Rachel Reynolds

DOCUMENT REVISION #: 3