



## NUTRITION OUTPUT FORM

ITEM NUMBER: 45439

ITEM DESCRIPTION: SUPERPRETZEL FILLED KNOTS – JALAPENO – 2OZ/80

Nutrition Facts	
80 servings per container	
<b>Serving size</b>	<b>1 knot (57g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>150</b>
% Daily Value*	
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 440mg	<b>19%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 5g	
Vitamin D 0mcg	<b>0%</b>
Calcium 60mg	<b>4%</b>
Iron 1.5mg	<b>8%</b>
Potassium 70mg	<b>2%</b>
*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.	

**INGREDIENTS:** ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), JALAPENO CHEESE SAUCE FILLING (WHEY, CHEDDAR CHEESE [MILK, CHEESE CULTURE, SALT, ENZYMES], MONTEREY JACK CHEESE [MILK, CHEESE CULTURE, SALT, ENZYMES], CANOLA OIL, FOOD STARCH-MODIFIED, SODIUM PHOSPHATE, JALAPENO PEPPERS [JALAPENO PEPPERS, SALT, VINEGAR], NONFAT MILK, SALT, LACTIC ACID, SODIUM ALGINATE, SORBIC ACID [PRESERVATIVE]), WATER, MONTEREY JACK CHEESE TOPPING (MONTEREY JACK AND AMERICAN CHEESE BLEND [CULTURED MILK, SALT, ENZYMES], CREAM, ENZYME MODIFIED PARMESAN CHEESE FLAVOR, SODIUM PHOSPHATE, SALT, SORBIC ACID [AS A PRESERVATIVE]), YEAST, CONTAINS 2% OR LESS OF THE FOLLOWING: SALT, PALM OIL, BICARBONATES AND CARBONATES OF SODA.

**CONTAINS MILK, WHEAT.**

**DOES NOT CONTAIN BIOENGINEERED FOOD INGREDIENTS.**

100g NUTRITIONAL	
Basic Components	
Calories (kcal)	268.292
Calories from Fat (kcal)	61.491
Protein (g)	9.291
Carbohydrates (g)	40.859
Dietary Fiber (US 2016) (g)	1.157
Total Sugars (g)	1.724
Added Sugar (g)	0
Fat (g)	6.832
Saturated Fat (g)	2.957
Mono Fat (g)	0.114
Poly Fat (g)	0.542
Trans Fatty Acid (g)	0.234
Cholesterol (mg)	14.061
Water (g)	40.455
Ash (g)	1.852
Vitamins	
Vitamin A - RAE (mcg)	0
Vitamin C (mg)	0.010
Vitamin D - IU (IU)	0
Vitamin D - mcg (mcg)	0.022
Minerals	
Calcium (mg)	114.479
Iron (mg)	2.642
Potassium (mg)	131.816
Sodium (mg)	777.996

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MODIFIED BY: Rachel Reynolds