



## NUTRITION OUTPUT FORM

ITEM NUMBER: 7099

ITEM DESCRIPTION: SUPERPRETZEL BAVARIAN PRETZEL BITE

### Nutrition Facts

100 servings per container

**Serving size** 5 bites (57g)

Amount per serving

**Calories** 160

% Daily Value\*

**Total Fat** 2g 3%

Saturated Fat 1g 5%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 290mg 13%

**Total Carbohydrate** 29g 11%

Dietary Fiber 1g 4%

Total Sugars 4g

Includes 3g Added Sugars 6%

**Protein** 5g

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 1.8mg 10%

Potassium 60mg 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** 5 bites with 1/2 tsp (2g) salt (59g)

Amount per serving

**Calories** 160

% Daily Value\*

**Total Fat** 2g 3%

Saturated Fat 1g 5%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 1080mg 47%

**Total Carbohydrate** 29g 11%

Dietary Fiber 1g 4%

Total Sugars 4g

Includes 3g Added Sugars 6%

**Protein** 5g

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 1.8mg 10%

Potassium 60mg 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) 282.926

Calories from Fat (kcal) 34.325

Protein (g) 8.725

Carbohydrates (g) 51.603

Dietary Fiber (US 2016) (g) 1.552

Total Sugars (g) 6.756

Added Sugar (g) 6.106

Fat (g) 3.849

Saturated Fat (g) 1.648

Mono Fat (g) 1.211

Poly Fat (g) 0.958

Trans Fatty Acid (g) 0.031

Cholesterol (mg) 0

Water (g) 34.687

Ash (g) 1.038

#### Vitamins

Vitamin A - RAE (mcg) 0

Vitamin C (mg) 0.000

Vitamin D - IU (IU) 0

Vitamin D - mcg (mcg) 0

#### Minerals

Calcium (mg) 22.501

Iron (mg) 3.246

Potassium (mg) 113.871

Sodium (mg) 514.997

**INGREDIENTS:** ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, BROWN SUGAR, PALM OIL, CONTAINS 2% OR LESS OF THE FOLLOWING: YEAST, SALT, VINEGAR, BARLEY MALT POWDER (MALTED BARLEY FLOUR, WHEAT FLOUR, DEXTROSE), BICARBONATES AND CARBONATES OF SODA.

**SALT PACKET:** SALT.

**CONTAINS WHEAT.**

**DOES NOT CONTAIN BIOENGINEERED FOOD INGREDIENTS.**

LAST MODIFIED: Joseph Leonard

MODIFIED BY: 6.7.23

DOCUMENT REVISION #: O