



NUTRITION OUTPUT FORM

ITEM NUMBER: 7277

ITEM DESCRIPTION: Federal Pretzel Individually Wrapped 4 oz

Nutrition Facts

2 servings per container

Serving size 1/2 pretzel (57g)

Amount per serving

Calories 140

% Daily Value*

Total Fat 2g 3%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 370mg 16%

Total Carbohydrate 27g 10%

Dietary Fiber 2g 7%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 5g

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 1.5mg 8%

Potassium 50mg 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

1 servings per container

Serving size 1 pretzel (113g)

Amount per serving

Calories 290

% Daily Value*

Total Fat 3.5g 4%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 730mg 32%

Total Carbohydrate 54g 20%

Dietary Fiber 4g 14%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 10g

Vitamin D 0mcg 0%

Calcium 60mg 4%

Iron 3mg 15%

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) 252.668

Calories from SatFat (kcal) 17.863

Protein (g) 8.594

Carbohydrates (g) 47.479

Dietary Fiber (2016) (g) 3.235

Total Sugars (g) 1.383

Added Sugar (g) 0.100

Fat (g) 3.143

Saturated Fat (g) 1.985

Mono Fat (g) 0.315

Poly Fat (g) 0.106

Trans Fatty Acid (g) 0.009

Cholesterol (mg) 0

Water (g) 37.604

Ash (g) 0.785

Vitamins

Vitamin A - RAE (mcg) 0

Vitamin C (mg) 0

Vitamin D - IU (IU) 0

Vitamin D - mcg (mcg) 0

Minerals

Calcium (mg) 54.680

Iron (mg) 2.619

Potassium (mg) 85.072

Sodium (mg) 646.000

INGREDIENTS: ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SALT, DOUGH CONDITIONER (WHEAT FLOUR, ENRICHED WHEAT FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], CORN SYRUP SOLIDS, ENZYMES, WATER, WHEAT GLUTEN, MONO- AND DIGLYCERIDES, ETHOXYLATED MONO AND DIGLYCERIDES, CALCIUM STEAROYL LACTYLATE, HYDROLYZED WHEAT GLUTEN, CALCIUM SULFATE, SALT, SOY OIL, POLYSORBATE 60, PRESERVATIVES [PHOSPHORIC ACID, SODIUM PROPIONATE]), CONTAINS 2% OR LESS OF THE FOLLOWING: VEGETABLE SHORTENING (PALM OIL, SOYBEAN OIL), CALCIUM PROPIONATE (PRESERVATIVE), YEAST, BICARBONATES AND CARBONATES OF SODA.

CONTAINS WHEAT.

DOES NOT CONTAIN BIOENGINEERED FOOD INGREDIENTS.

LAST MODIFIED: 10.20.22

MODIFIED BY: Rachel Reynolds

DOCUMENT REVISION #: 1