

## NUTRITION FACTS

Serving Size 7 pieces (39g)

Amount Per Serving

**Calories** 190 **Calories from Fat** 70

% Daily Value

**Total Fat** 8g **12%**

**Saturated Fat** 6g **30%**

**Trans Fat** 0g

**Cholesterol** 0mg **0%**

**Sodium** 170mg **7%**

**Total Carbohydrate** 29g **10%**

**Dietary Fiber** 0g **0%**

**Sugars** 19g

**Protein** 1g

**Vitamin A** 0% **Vitamin C** 0%

**Calcium** 2% **Iron** 4%

\* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

**CALORIES:** 2000 2500

Total Fat Less Than 65g 80g

Sat Fat Less Than 20g 25g

Cholesterol Less Than 300mg 300mg

Sodium Less Than 2400mg 2400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories Per Gram:  
Fat 9 **Carbohydrate** 4 **Protein** 4

## HOLIDAY PRETZELS

**Ingredients:** Sugar, Enriched

Wheat Flour (Wheat Starch,

Niacin, Reduced Iron, Thiamin

Mononitrate, Riboflavin, Folic

Acid, Silicon Dioxide

[anti-caking agent]), Vegetable

Oil (Contains One or More of

the Following: Palm Kernel,

Corn, Canola, Cottonseed or

Soybean), Whey (Milk),

Contains Less than 2% of the

Following: Yogurt Powder,

Salt, Corn Syrup, Nonfat Milk

Powder, Titanium Dioxide, Soy

Lecithin - an Emulsifier, Natural

and Artificial Flavors, Whole

Milk Powder, Artificial Colors

(Includes FD&C: Red #40

Lake, Yellow #5 Lake, Blue #1

Lake), Sodium Bicarbonate

and Yeast.

**ALLERGY INFORMATION: CONTAINS**

**SOY, MILK AND WHEAT**

**INGREDIENTS. MANUFACTURED IN**

**A FACILITY THAT PROCESSES**

**PRODUCTS CONTAINING EGG,**

**COCONUT AND PEANUT/TREE NUT**

**INGREDIENTS.**