



## NEAPOLITAN PRETZELS

Nutrients	Per Serving	Per 100g	Nutrients	Per Serving	Per 100g
Calories (kcal)	220.17	513.11	Carbohydrates (g)	29.22	68.1
Calories from Fat (kcal)	98.61	229.81	Dietary Fiber (g)	0.57	1.32
Fat (g)	10.96	25.53	Total Sugars (g)	17.95	41.84
Saturated Fat (g)	10.24	23.86	Protein (g)	1.72	4.01
Trans Fatty Acid (g)	0.14	0.32	Vitamin A - IU (IU)	0.99	2.3
Cholesterol (mg)	0.28	0.65	Vitamin C (mg)	0.04	0.09
Sodium (mg)	76.79	178.97	Calcium (mg)	20.77	48.4
Potassium (mg)	59.92	139.65	Iron (mg)	1.05	2.44

<b>Nutrition Facts</b>	
Serving Size 7 pieces (43g)	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories 220</b>	<b>Calories from Fat 100</b>
% Daily Value*	
<b>Total Fat 11g</b>	<b>17%</b>
Saturated Fat 10g	<b>50%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 75mg</b>	<b>3%</b>
<b>Potassium 60mg</b>	<b>2%</b>
<b>Total Carbohydrate 29g</b>	<b>10%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 18g	
<b>Protein 2g</b>	
Vitamin A 0% • Vitamin C 0%	
Calcium 2% • Iron 6%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Potassium	3,500 mg    3,500 mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

<b>Nutrition Facts</b>	
Serving Size (100g)	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories 510</b>	<b>Calories from Fat 230</b>
% Daily Value*	
<b>Total Fat 26g</b>	<b>40%</b>
Saturated Fat 24g	<b>120%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 180mg</b>	<b>8%</b>
<b>Potassium 140mg</b>	<b>4%</b>
<b>Total Carbohydrate 68g</b>	<b>23%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 42g	
<b>Protein 4g</b>	
Vitamin A 0% • Vitamin C 0%	
Calcium 4% • Iron 15%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Potassium	3,500 mg    3,500 mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



## NEAPOLITAN PRETZELS

**INGREDIENTS:** Pretzels (enriched flour [wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], corn syrup, vegetable oil [corn, canola and/or soybean oil], salt, sodium bicarbonate, yeast), Sugar (sugar, cornstarch), Hydrogenated Palm Kernel Oil, Sugar, Partially Hydrogenated Palm Kernel Oil, Yogurt Coating Mix (sugar, partially hydrogenated palm kernel oil, nonfat milk, yogurt powder [cultured whey, nonfat milk], artificial color, lactic acid, soy lecithin [emulsifier], artificial flavor), Cocoa, Whey, Milk Blend (milk, nonfat milk, whey solids, lactose), Yogurt Blend (nonfat milk, whey, lactic acid), Nonfat Milk, Soy Lecithin (an emulsifier), Artificial Flavor, Water, Monoglycerides, Artificial Color, Red #40, Soybean Oil, Citric Acid, Sodium Benzoate, Natural Flavor, BHA.

Contains Milk, Soy, Wheat (gluten).

Manufactured in a plant that processes peanuts, tree nuts, soy, wheat (gluten), eggs, and dairy products.

December, 2014