



## TRI COLORED PRETZELS

Nutrients	Per Serving	Per 100g	Nutrients	Per Serving	Per 100g
Calories (kcal)	210.23	489.92	Carbohydrates (g)	28.38	66.14
Calories from Fat (kcal)	94.28	219.72	Dietary Fiber (g)	1.2	2.8
Fat (g)	10.48	24.41	Total Sugars (g)	16.2	37.75
Saturated Fat (g)	7.48	17.42	Protein (g)	2.26	5.26
Trans Fatty Acid (g)	0.09	0.2	Vitamin A - IU (IU)	19.09	44.48
Cholesterol (mg)	1.66	3.86	Vitamin C (mg)	0.09	0.2
Sodium (mg)	79.85	186.09	Calcium (mg)	27.1	63.15
Potassium (mg)	109.14	254.34	Iron (mg)	1.19	2.78

<b>Nutrition Facts</b>			
Serving Size 7 pieces (43g)			
Servings Per Container			
<b>Amount Per Serving</b>			
<b>Calories 210</b>	<b>Calories from Fat 90</b>		
% Daily Value*			
<b>Total Fat 10g</b>	<b>15%</b>		
Saturated Fat 7g	<b>35%</b>		
Trans Fat 0g			
<b>Cholesterol 0mg</b>	<b>0%</b>		
<b>Sodium 80mg</b>	<b>3%</b>		
<b>Potassium 110mg</b>	<b>3%</b>		
<b>Total Carbohydrate 28g</b>	<b>9%</b>		
Dietary Fiber 1g	<b>4%</b>		
Sugars 16g			
<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 490</b>	<b>Calories from Fat 220</b>		
% Daily Value*			
<b>Total Fat 24g</b>	<b>37%</b>		
Saturated Fat 17g	<b>85%</b>		
Trans Fat 0g			
<b>Cholesterol 5mg</b>	<b>2%</b>		
<b>Sodium 190mg</b>	<b>8%</b>		
<b>Potassium 250mg</b>	<b>7%</b>		
<b>Total Carbohydrate 66g</b>	<b>22%</b>		
Dietary Fiber 3g	<b>12%</b>		
Sugars 38g			
<b>Protein 5g</b>			
Vitamin A 0%	•		Vitamin C 0%
Calcium 6%	•		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
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Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			



## TRI COLORED 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), Yogurt Coating (sugar [sugar, cornstarch], hydrogenated palm kernel oil with soy lecithin, 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], milk blend [milk, nonfat milk, whey solids, lactose], yogurt blend [nonfat milk, whey, lactic acid], artificial flavor), Dark Chocolate (sugar, chocolate liquor, cocoa butter, chocolate liquor processed with alkali, butterfat, soy lecithin [an emulsifier], salt, natural flavor, artificial flavor), Milk Chocolate (sugar, cocoa butter, chocolate liquor, milk, lactose, soy lecithin [an emulsifier], salt, natural flavor).

### Alternate Ingredient Statement:

**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 (sugar, cornstarch), Chocolate Liquor, Hydrogenated Palm Kernel Oil with Soy Lecithin, Cocoa Butter, Milk, 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), Chocolate Liquor Processed with Alkali, Milk Blend (milk, nonfat milk, whey solids, lactose), Yogurt Blend (nonfat milk, whey, lactic acid), Lactose, Butterfat, Soy Lecithin (an emulsifier), Salt, Natural Flavor, Artificial Flavor.

Contains Milk, Soy, Wheat.

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

February, 2015