

Multi Column: Cocoa Pretzels *

Multi-Column

Nutrients	Per Serving	Per 100g	Nutrients	Per Serving	Per 100g	Nutrients	Per Serving	Per 100g
Basic Components			Folate, food (mcg)	--	--	Omega 6 Fatty Acid (g)	--	--
Gram Weight (g)	28.0000	100.0000	Vitamin K (mcg)	--	--	Amino Acids		
Calories (kcal)	132.2192	472.2116	Pantothenic Acid (mg)	0.0781	0.2788	Alanine (g)	--	--
Calories from Fat (kcal)	50.8143	181.4796	Retinol RE (mcg)	0.3448	1.2313	Arginine (g)	--	--
Calories from SatFat (kcal)	45.2179	161.4924	Alpha-Carotene (mcg)	--	--	Aspartic Acid (g)	--	--
Protein (g)	1.4336	5.1200	Beta-Carotene Equiv (mcg)	--	--	Cystine (g)	--	--
Carbohydrates (g)	20.0249	71.5176	Beta-Carotene (mcg)	--	--	Glutamic Acid (g)	--	--
Dietary Fiber (2016) (g)	0.7050	2.5180	Vitamin B1 (mg)	0.0607	0.2168	Glycine (g)	--	--
Total Dietary Fiber (g)	0.7050	2.5180	Vitamin B2 (mg)	0.0869	0.3104	Histidine (g)	--	--
Total Soluble Fiber (g)	0.1595	0.5696	Vitamin B3 (mg)	0.5980	2.1356	Isoleucine (g)	--	--
Total Insoluble Fiber (g)	0.1676	0.5984	Vitamin B3 - Niacin Equiv (mg)	--	--	Leucine (g)	--	--
Total Sugars (g)	12.3295	44.0340	Vitamin B6 (mg)	0.0095	0.0340	Lysine (g)	--	--
Added Sugar (g)	11.1989	39.9960	Vitamin B12 (mcg)	--	--	Methionine (g)	--	--
Monosaccharides (g)	--	--	Biotin (mcg)	0.3694	1.3192	Phenylalanine (g)	--	--
Disaccharides (g)	--	--	Vitamin C (mg)	0.0190	0.0680	Proline (g)	--	--
Kilojoules (kj)	553.2053	1975.7333	Vitamin D - IU (IU)	0.1729	0.6176	Serine (g)	--	--
Fructose (g)	--	--	Vitamin D - mcg (mcg)	0	0	Threonine (g)	--	--
Galactose (g)	--	--	Vitamin E - Alpha-Toco (mg)	--	--	Tryptophan (g)	--	--
Glucose (g)	--	--	Vitamin E - Alpha-Toco Equiv (mg)	--	--	Tyrosine (g)	--	--
Lactose (g)	--	--	Vitamin E - IU (IU)	--	--	Valine (g)	--	--
Maltose (g)	--	--	Vitamin E - mg (mg)	--	--	Other Nutrients		
Sucrose (g)	--	--	Minerals			Sugar Alcohol (g)	0	0

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Multi-Column cont.

Nutrients	Per Serving	Per 100g	Nutrients	Per Serving	Per 100g	Nutrients	Per Serving	Per 100g
Other Carbs (g)	0.0704	0.2516	Boron (mcg)	--	--	Glycerol (g)	--	--
Net Carbs (g)	19.3199	68.9996	Calcium (mg)	16.4689	58.8176	Inositol (g)	--	--
Fat (g)	5.6460	20.1644	Chloride (mg)	--	--	Mannitol (g)	--	--
Saturated Fat (g)	5.0242	17.9436	Chromium (mcg)	--	--	Sorbitol (g)	--	--
Mono Fat (g)	0.4048	1.4456	Copper (mg)	0.0495	0.1768	Xylitol (g)	--	--
Poly Fat (g)	0.2037	0.7276	Fluoride (mg)	--	--	Organic Acids (g)	--	--
Trans Fatty Acid (g)	0.0952	0.3400	Iodine (mcg)	0.2849	1.0176	Acetic Acid (g)	--	--
Cholesterol (mg)	0.1695	0.6052	Iron (mg)	1.0006	3.5736	Citric Acid (g)	--	--
Water (g)	0.3209	1.1460	Magnesium (mg)	8.9050	31.8036	Lactic Acid (g)	--	--
Ash (g)	0.5746	2.0520	Manganese (mg)	0	0	Malic Acid (g)	--	--
Starch (g)	--	--	Molybdenum (mcg)	--	--	Choline (mg)	--	--
Vitamins			Phosphorus (mg)	13.8002	49.2864	Taurine (g)	--	--
Vitamin A - IU (IU)	1.9293	6.8904	Potassium (mg)	64.8182	231.4936	Lycopene (mcg)	--	--
Vitamin A - RAE (mcg)	0.3448	1.2313	Selenium (mcg)	--	--	Alcohol (g)	--	--
Vitamin A - RE (mcg)	0.3448	1.2313	Sodium (mg)	139.1496	496.9628	Caffeine (mg)	2.0620	7.3644
Carotenoid RE (mcg)	--	--	Salt (g)	--	--	Artificial Sweetener (mg)	--	--
Folate (mcg)	0.6074	2.1692	Zinc (mg)	0.0362	0.1292	Aspartame (mg)	--	--
Folic Acid (mcg)	16.1065	57.5232	Poly Fats			Saccharin (mg)	--	--
Folate, DFE (mcg DFE)	27.3809	97.7888	Omega 3 Fatty Acid (g)	--	--			