

Blueberry Yogurt Pretzels

05/31/2013

Nutrition Facts

Serving Size About 8 Pieces (40g)
Servings Per Container

Amount Per Serving

Calories 190 **Calories from Fat** 70

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 7g **35%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 200mg **8%**

Total Carbohydrate 28g **9%**

Dietary Fiber 0g **0%**

Sugars 16g

Protein 2g

Vitamin A 0% • **Vitamin C** 0%

Calcium 4% • **Iron** 20%

*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	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Yogurt Coating [Sugar, Palm Kernel Oil, Nonfat Dry Milk, Sweet Whey (Milk), Nonfat Yogurt Powder (Cultured Whey, Nonfat Milk), Titanium Dioxide (Color), Soy Lecithin, Lactic Acid, Natural Flavors], Pretzels [Enriched Wheat Flour (Wheat Starch, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Silicon Dioxide (Anti-Caking Agent)), Corn Syrup, Salt, Sodium Bicarbonate, Yeast], Blueberry Flavor (Natural and Artificial Flavors), Artificial Coloring (Includes Red 40 Lake, Blue 2 Lake).

Contains Milk, Soy, Wheat.

May also contain Peanut, Tree Nuts.