



## HONEY WHEAT BRAIDED PRETZELS

Revised 10/1/2009

Nutrition Facts			
Serving Size 1 oz. (28g/about 18_pretzels)			
Servings Per Container ___			
Amount Per Serving			
<b>Calories</b> 110	Calories from Fat 10		
% Daily Value **			
<b>Total Fat</b> 2g	<b>3%</b>		
Saturated Fat 0g	<b>0%</b>		
Trans Fat 0g			
<b>Cholesterol</b> 0mg	<b>0%</b>		
<b>Sodium</b> 480 mg	<b>20%</b>		
<b>Total Carbohydrate</b> 23g	<b>8%</b>		
Dietary Fiber 1g	<b>4%</b>		
Sugars 1g			
<b>Protein</b> 3g			
Vitamin A *	Vitamin C *		
Calcium *	Iron 6%		
* Contains less than 2% of the Daily Value of these nutrients.			
** 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
Sat 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 o Carbohydrate 4 o Protein 4			

**INGREDIENTS: UNBLEACHED ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE-B1, RIBOFLAVIN-B2, FOLIC ACID), SUGAR, HONEY POWDER, SALT, SOYBEAN OIL, OAT BRAN, YELLOW CORN MEAL, MALT, BARLEY, RYE AND YEAST.**

### **Allergen Alert:**

**This product is manufactured in a plant that processes/uses chocolate, cinnamon, gluten, honey, peanuts, sesame, soybean oil and other soy products, tree nuts, and wheat flour.**

**PLEASE READ INGREDIENTS LIST CAREFULLY. THANK YOU.**