



## LONG RODS

Nutrition Facts			
Serving Size 1 oz. (28g/about 2 pretzels)			
Servings Per Container			
Amount Per Serving			
<b>Calories</b> 110	Calories from Fat 5		
% Daily Value **			
<b>Total Fat</b> 1g	<b>2%</b>		
Saturated Fat 0g	<b>0%</b>		
Trans Fat 0g			
<b>Cholesterol</b> 0mg	<b>0%</b>		
<b>Sodium</b> 400mg	<b>17%</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 Carbohydrate 4 Protein 4			

**INGREDIENTS:** UNBLEACHED ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE-B1, RIBOFLAVIN-B2, FOLIC ACID), SALT, VEGETABLE SHORTENING (PARTIALLY HYDROGENATED SOYBEAN AND COTTONSEED OILS), MALT, AND YEAST.

### **Allergen Alert:**

**This product 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.**