



MULTI-GRAIN NUGGETS

Nutrition Facts			
Serving Size 1 oz. (28g/about 22 pretzels)			
Servings Per Container			
Amount Per Serving			
Calories	110	Calories from Fat	10
		% Daily Value **	
Total Fat	1g		2%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	180mg		8%
Total Carbohydrate	23g		8%
Dietary Fiber	1g		4%
Sugars	1g		
Protein	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), SOYBEAN OIL, OAT BRAN, SESAME SEED, SOY FLOUR, YELLOW CORN MEAL, MALT, BARLEY, RYE, SALT, 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.