



SOURDOUGH HARDS

Revised 10/1/2009

Nutrition Facts			
Serving Size 1 oz. (28g/about 1_ pretzels)			
Servings Per Container __			
Amount Per Serving			
Calories 110	Calories from Fat 0		
% Daily Value **			
Total Fat 0g	0%		
Saturated Fat 0g	0%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 480 mg	20%		
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 o Carbohydrate 4 o Protein 4			

INGREDIENTS: UNBLEACHED ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE-B1, RIBOFLAVIN-B2, FOLIC ACID), SALT, SOYBEAN OIL*, SUGAR, YEAST, MALT AND SODA.

*adds a trivial amount of fat

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.