



WAFFLE PRETZELS

Revised 10/1/2009

Nutrition Facts	
Serving Size 1 oz. (28g/about 11 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, MALT, SOYBEAN OIL* 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.