

Ingredients

Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, malt, salt, dextrose, canola oil*, yeast, soda.

* Adds a trivial amount of fat.

Allergy Information

CONTAINS: WHEAT.

Nutrition Facts

Serving Size: 11 Pretzels (30g)	
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: 330mg	14%
Total Carbohydrate: 23g	8%
Dietary Fiber: less than 1g	4%
Sugars: 1g	
Protein: 3g	
Vitamin A: 0%	Vitamin C: 0%
Calcium: 0%	Iron: 8%
Thiamin: 10%	Niacin: 8%
Riboflavin: 8%	Folate: 15%

*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	