



NUTRITION OUTPUT FORM

ITEM NUMBER: 9421102

ITEM DESCRIPTION: LAB SOFT PRETZEL BITES WITH SALT - BULK

Nutrition Facts

about 67 servings per container

Serving size 6 bites (57g)

Amount per serving

Calories 160

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 190mg 8%

Total Carbohydrate 32g 12%

Dietary Fiber 1g 4%

Total Sugars 5g

Includes 4g Added Sugars 8%

Protein 5g

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 1.5mg 8%

Potassium 60mg 2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition Facts

about 67 servings per container

Serving size 6 bites with 1/2 tsp (2g) salt (59g)

Amount per serving

Calories 160

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 970mg 42%

Total Carbohydrate 32g 12%

Dietary Fiber 1g 4%

Total Sugars 5g

Includes 4g Added Sugars 8%

Protein 5g

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 1.5mg 8%

Potassium 60mg 2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

100g NUTRITIONAL

Basic Components

Calories (kcal) 280.822

Calories from SatFat (kcal) 8.443

Protein (g) 8.464

Carbohydrates (g) 55.498

Dietary Fiber (2016) (g) 2.315

Total Sugars (g) 8.270

Added Sugar (g) 7.595

Fat (g) 2.531

Saturated Fat (g) 0.938

Mono Fat (g) 0.696

Poly Fat (g) 0.234

Trans Fatty Acid (g) 0.017

Cholesterol (mg) 0.075

Water (g) 33.344

Ash (g) 0.524

Vitamins

Vitamin A - RAE (mcg) 0

Vitamin C (mg) 0.075

Vitamin D - IU (IU) 0

Vitamin D - mcg (mcg) 0

Minerals

Calcium (mg) 51.304

Iron (mg) 2.665

Potassium (mg) 99.493

Sodium (mg) 325.997

INGREDIENTS: ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SUGAR, CONTAINS 2% OR LESS OF THE FOLLOWING: YEAST, PALM OIL, MOLD INHIBITOR (WHEAT FLOUR, CULTURED WHEAT STARCH), DOUGH CONDITIONER (WHEAT FLOUR, SALT, ASCORBIC ACID, VEGETABLE PROTEIN [CORN-BASED], ENZYMES), BARLEY MALT POWDER (BARLEY MALT FLOUR, DEXTROSE, WHEAT FLOUR), SALT, BICARBONATES AND CARBONATES OF SODA.

SALT PACKET: SALT.

CONTAINS WHEAT.

DOES NOT CONTAIN BIOENGINEERED FOOD INGREDIENTS.

LAST MODIFIED: 12.9.22

MODIFIED BY: Joseph Leonard

DOCUMENT REVISION #: 2