

# Nutrition Facts

Serving Size About 3 Pieces (28g/1oz)  
 Servings Per Container About 9

**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** 340mg                                **14%**

**Total Carbohydrate** 22g                    **7%**

Dietary Fiber <1g                             **3%**

Sugars <1g

**Protein** 3g

Vitamin A 0%    •    Vitamin C 0%

Calcium 0%    •    Iron 4%

\*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
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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

**PRODUCT: Pretzel Rods**

**INGREDIENTS:** WHEAT FLOUR, WHEAT GLUTEN, SALT, CORN SYRUP, VEGETABLE OIL (MAY CONTAIN ONE OR MORE OF THE FOLLOWING: CORN, CANOLA, COTTONSEED, SOYBEAN), SODIUM BICARBONATE, YEAST.

CONTAINS: WHEAT



01/2012  
 Data subject to change.  
 Refer to packaging.

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