

# Bavarian Soft Pretzel w/Everything Topping (10\_2017)

<b>Nutrition Facts</b>	
Serving Size 1 pretzel (159g/5.6oz)	
<b>Amount Per Serving</b>	
<b>Calories 460</b>	<b>Calories from Fat 60</b>
	<b>% Daily Value*</b>
<b>Total Fat 7g</b>	<b>11%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 860mg</b>	<b>36%</b>
<b>Total Carbohydrate 84g</b>	<b>28%</b>
Dietary Fiber 6g	<b>24%</b>
Sugars 13g	
<b>Protein 14g</b>	
<b>Vitamin A 0%</b>	• <b>Vitamin C 0%</b>
<b>Calcium 4%</b>	• <b>Iron 35%</b>
* 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 65 g    80 g
Saturated Fat	Less than 20 g    25 g
Cholesterol	Less than 300 mg    300 mg
Sodium	Less than 2,400 mg    2,400 mg
Total Carbohydrate	300 g    375 g
Dietary Fiber	25 g    30 g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

**INGREDIENTS:** **Pretzel:** Enriched Bleached Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Brown Sugar, Vegetable Shortening (Palm Oil), Yeast, Vinegar, Salt, Malt Powder (Wheat Flour, Dextrose, Malted Barley), Bicarbonates and Carbonates of Soda, **Everything Topping:** Sesame Seeds, Dehydrated Garlic and Onion, Salt, Poppy Seeds, **Basting Spray:** Canola Oil, Palm Oil, Coconut Oil, Lecithin from Soybeans, Dimethyl Silicone (for anti-foaming), Annatto (color), Natural Flavor (milk).

**Contains: Wheat, Milk, Soy**