

Nutrition Facts

Serving Size 30g (about 1/2 cup)

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 350mg 14%

Total Carbohydrate 23g 8%

Dietary Fiber Less than 1g 4%

Sugars Less than 1g

Protein 3g

Vitamin A 0% Vitamin C 0%

Calcium 0% Iron 8%

* Percent Daily Values are based on a 2000 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	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 Carbohydrate 4 Protein 4

FAT FREE MULTIGRAIN ALPHABET PRETZELS

Ingredient Statement

ENRICHED WHEAT FLOUR
(CONTAINS: NIACIN, REDUCED IRON,
THIAMINE MONONITRATE,
RIBOFLAVIN), MULTIGRAIN BLEND
(CONTAINS: WHOLE WHEAT, OAT
FLOUR, CORN MEAL, MILLET FLOUR,
RYE FLOUR) SALT, YEAST, SODIUM
BICARBONATE

CONTAINS WHEAT INGREDIENTS

**MANUFACTURED IN A FACILITY THAT
USES PEANUT BUTTER**



3/2/2004 removed honey from ingredients

added trans fat

7/28/2006 GC added PB Statement