

# Nutrition Facts: Serving Size



## Pretzels

### Ingredients:

Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Salt, Corn Oil, Ammonium Bicarbonate, Malt Extract, Yeast

Nutrition Facts	
16 servings per container	
Serving size About 17 pretzels (28g)	
Amount per serving	
<b>Calories</b>	<b>110</b>
% Daily Value*	
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 450mg	<b>20%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber less than 1g	<b>3%</b>
Total Sugars 1g	
<b>Protein</b> 2g	
Vitamin D 0mcg	<b>0%</b>
Calcium 10mg	<b>0%</b>
Iron 1.2mg	<b>6%</b>
Potassium 80mg	<b>0%</b>
Not a significant source of added sugars.	
* The % Daily Value (DV) 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.	