



NUTRITION OUTPUT FORM

ITEM NUMBER: 30113

ITEM DESCRIPTION: : SUPERPRETZEL - 51% WHOLE GRAIN PRETZEL MINI - I/W - 10Z

Nutrition Facts	
1 servings per container	
Serving size	1 pretzel (28g)
Amount per serving	
Calories	70
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 90mg	4%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0.1mcg	0%
Calcium 0mg	0%
Iron 0.9mg	6%
Potassium 50mg	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	
200 servings per container	
Serving size	1 pretzel with 1/2 tsp (2g) salt (30g)
Amount per serving	
Calories	70
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 880mg	38%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0.1mcg	0%
Calcium 10mg	0%
Iron 0.9mg	6%
Potassium 50mg	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)	245.109
Calories from SatFat (kcal)	0.150
Protein (g)	8.710
Carbohydrates (g)	50.030
Dietary Fiber (2016) (g)	4.423
Total Sugars (g)	1.026
Added Sugar (g)	0.841
Fat (g)	1.566
Saturated Fat (g)	0.017
Mono Fat (g)	0.027
Poly Fat (g)	0.539
Trans Fatty Acid (g)	0
Cholesterol (mg)	0
Water (g)	38.195
Ash (g)	0.151
Vitamins	
Vitamin A - RAE (mcg)	0
Vitamin C (mg)	3.075
Vitamin D - IU (IU)	11.892
Vitamin D - mcg (mcg)	0.297
Minerals	
Calcium (mg)	17.785
Iron (mg)	3.312
Potassium (mg)	163.311
Sodium (mg)	318.991

INGREDIENTS: WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, CONTAINS 2% OR LESS OF THE FOLLOWING: CORN SYRUP, WHEAT GLUTEN, YEAST, BARLEY MALT POWDER (MALTED BARLEY FLOUR, WHEAT FLOUR, DEXTROSE), DOUGH CONDITIONER (WHEAT FLOUR, SALT, SOYBEAN OIL, L-CYSTEINE, ASCORBIC ACID, ENZYMES), ASCORBIC ACID, BICARBONATES AND CARBONATES OF SODA.

CONTAINS WHEAT.

DOES NOT CONTAIN BIOENGINEERED FOOD INGREDIENTS.

LAST MODIFIED: 12.07.22
 MODIFIED BY: Jenna Berghof

DOCUMENT REVISION #: 0



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ITEM DESCRIPTION: : SUPERPRETZEL - 51% WHOLE GRAIN PRETZEL MINI - I/W - 1OZ

Child Nutrition Statement:

The listed serving size contains 17.65 creditable grains of which 9 are whole grains. This provides 1 servings of breads/grains under the Child Nutrition Program using the 16g calculator.

Product Specifications:

UPC	SCC/GTIN	Case	Pack
073321301132	10073321301139	1	200

Case Dimensions					
Case Length	Case Width	Case Height	Case Cube	Net Weight (Lbs)	Gross Weight (Lbs)
15.75	10.25	15.5	1.45	12.5	16.6

Pallet Dimensions		
Pallet Tier	Pallet High	Pallet Count
12	5	60

Storage/ Handling:

Keep Frozen (0° F or below) Shelf life up to one year when stored properly.

Preparation Instruction:

Oven - Preheat to 350-400F. Lightly mist frozen soft pretzel with water, then sprinkle with salt if desired. Place salted pretzel in the oven and bake for 3-5 minutes. Microwave - Lightly mist frozen soft pretzel with water, sprinkle salt, microwave on high for 20-40 seconds. Heating times and temperatures may vary

Joseph Leonard

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