



Rold Gold® Tiny Twist Pretzels – 1 oz. (28 g.)

Nutrition Facts			
Serving Size 1 package			
Servings Per Container 1			
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 450mg			
			19%
Potassium 80mg			
			2%
Total Carbohydrate 23g			
			8%
Dietary Fiber 1g			
			4%
Sugars less than 1g			
Protein 2g			
Vitamin A			
			0%
Vitamin C			
			0%
Calcium			
			0%
Iron			
			6%
Thiamin			
			8%
Riboflavin			
			8%
Niacin			
			6%
Phosphorus			
			2%
Magnesium			
			2%
*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	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9	Carbohydrate 4	Protein 4	

Ingredients:

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

CONTAINS A WHEAT INGREDIENT.

Case UPC	000-28400-32430-4
Bag UPC	0-28400-04006-8
Case Pack	88/1 oz. bags
Kosher Status	Yes - OU
Document Updated	2/17

I verify this information is accurate as of 2/17/17.



Jan Rugg
PepsiCo Foodservice/Vend
Nutrition Science

All products are accurately labeled with the most current information however, since the ingredients are subject to change, we recommend you check the label on the specific product for the most current and accurate information