

US NUTRITION FACTS PANEL:

Nutrition Facts

About 3 servings
per container

Serving size
1/3 Pretzel (55g)

Calories

130 | **410**

Per serving

Per
container

	Per serving		Per container			Per serving		Per container	
		%		%			%		%
		Daily		Daily			Daily		Daily
		Value*		Value*			Value*		Value*
Total Fat	2.5g	3%	7g	9%	Total Carbohydrate	24g	9%	75g	27%
Saturated Fat	1g	5%	2.5g	13%	Dietary Fiber	4g	14%	12g	43%
Trans Fat	0g		0g		Total Sugars	0g		0g	
Cholesterol	0mg	0%	0mg	0%	Includes Added Sugars	0g	0%	0g	0%
Sodium	140mg	6%	430mg	19%	Protein	5g		15g	
Vitamin D	0mcg	0%	0mcg	0%	Iron	1mg	6%	4mg	20%
Calcium	146mg	10%	450mg	35%	Potassium	10mg	0%	30mg	0%

*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.