



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

<b>Nutrition Facts</b>	
Serving Size 1 package	
Servings Per Container 1	
<b>Amount Per Serving</b>	
<b>Calories</b>	
	110
<b>Calories from Fat</b>	
	10
<b>%Daily Value*</b>	
<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 450mg	<b>19%</b>
<b>Potassium</b> 80mg	<b>2%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars less than 1g	
<b>Protein</b> 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	300g 375g
Carbohydrate	
Dietary	25g 30g
Fiber	
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.**

No Preservatives.

All Natural.

Case UPC	000-28400-32430-4
Bag UPC	0-28400-04006-8
Case Pack	88/1 oz. bags
Kosher Status	Yes - OU
AHG Compliant	No
Grain – oz. eq. (16 g/serving)	1.5 BGE
Weight of Grain	24.8 g
Document Updated	3/13

I verify this information is accurate as of 3/4/13.

Jan Ruegg  
PepsiCo Foodservice/Vend  
Nutrition Science

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