

GFS# 158111



Rold Gold® Tiny Twists Pretzels – .5 oz. (14.1 g) (120 ct.)

Nutrition Facts	
Serving Size	1 package
Servings Per Container	1
Amount Per Serving	
Calories	60
Calories from Fat	5
	%Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	9%
Total Carbohydrate 12g	4%
Dietary Fiber less than 1g	2%
Sugars 0g	
Protein 1g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	2%
Thiamin	4%
Riboflavin	4%
Niacin	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
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.

No Preservatives.

Case UPC	000-28400-19132-6
Bag UPC	0-28400-01457-1
Case Pack	120/.5 oz. bags
Kosher Status	Yes – OU
AHG Compliant	Yes – E, M, H
Healthier US Schools Compliant for Competitive Foods (Bronze, Silver, Gold)	Yes
Healthier US Schools Compliant for Competitive Foods (Gold Award on Distinction)	No
Grain – oz. eq.	.75 oz. eq.
Weight of Grain	12.4 g
Document Updated	5/13

I verify the above information is accurate as of May 31, 2013.

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