



**Rold Gold® Honey Wheat Braided Pretzels – 2 oz. (56.7 g)**

<b>Nutrition Facts</b>	
Serving Size	1 package
Servings Per Container	1
<b>Amount Per Serving</b>	
Calories	230
Calories from Fat	20
<b>%Daily Value*</b>	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 440mg	<b>18%</b>
<b>Total Carbohydrate</b> 47g	<b>16%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 6g	
<b>Protein</b> 5g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	15%
Thiamin	15%
Riboflavin	8%
Niacin	10%
Phosphorus	6%
Magnesium	4%
*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), Whole Wheat Flour, Sugar, Honey, Corn Oil, Salt, and Ammonium Bicarbonate.

**CONTAINS WHEAT INGREDIENTS.**

Case UPC	000-28400-44392-0
Bag UPC	0-28400- 02532-4
Case Pack	64/2 oz. bags
Kosher Status	Yes - OU
AHG Compliant	No
Healthier US Schools Compliant Competitive Foods (Bronze, Silver & Gold Awards)	No
Healthier US Schools Compliant Competitive Foods (Gold Award of Distinction)	No
Grain – oz. eq. (16 g per serving)	2.5 oz. eq. Grain
Weight of Grain	43.4 g
Document Updated	4/13

I verify the above information is accurate as of 4/15/13.

*Jan Ruegg*  
 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.