



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	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.

Case UPC	000-28400-32430-4
Bag UPC	0-28400-04006-8
Case Pack	88/1 oz. bags
Kosher Status	Kosher – OU
Document Updated	2/15