

East Shore Specialty Foods

Nutritional Information

4oz Seasoned Pretzels

Nutrition Facts		
About 4 servings per container		
Serving Size About 32 pretzels (30g)		
Amount Per Serving		
Calories		130
% Daily Value*		
Total Fat	3g	4%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	340mg	15%
Total Carbohydrate	24g	9%
Dietary Fiber	<1g	
Total Sugars	<1g	
Includes	<1g	Added Sugars 2%
Protein	3g	
Vitamin D	0mcg	0%
Calcium	10mg	0%
Iron	1.7mg	10%
Potassium	40mg	0%

*The % Daily Value (DV) 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.

INGREDIENTS:
 PRETZELS[ENRICHED WHEAT FLOUR (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), SALT, CONTAINS LESS THAN 2% OF HIGH OLEIC CANOLA OIL AND/OR SOYBEAN OIL, LEAVENING (Yeast, Sodium Bicarbonate, and/or Ammonium Bicarbonate), CORN SYRUP, BARLEY MALT EXTRACT], CORN OIL, LESS THAN 2% OF: WORCESTERSHIRE SAUCE (Distilled Vinegar, Molasses, Corn Syrup, Water, Salt, Caramel Color, Garlic Powder, Sugar, Spices, Celery Seed, Tamarind Extract, Natural Flavor. Contains Sulfites), DEHYDRATED ONION AND GARLIC, SPICES (Including Paprika, Chili Pepper, Mustard and Turmeric), EXTRACTIVES OF PAPRIKA, OLEORESIN ROSEMARY [Soybean Oil, Natural Flavor (Spice Extractives), Canola Oil].

CONTAINS: WHEAT

Shelf Life: 6 Months

www.eastshorefoods.com
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