

# East Shore Specialty Foods

## Nutritional Information

### 4oz Sugar and Spice Pretzels

<b>Nutrition Facts</b>	
About 4 servings per container	
<b>Serving Size 12 pretzels (30g)</b>	
<b>Amount Per Serving</b>	
<b>Calories 140</b>	
<b>% Daily Value*</b>	
<b>Total Fat</b> 4.5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 90mg	4%
<b>Total Carbohydrate</b> 21g	8%
Dietary Fiber less than 1g	4%
Total Sugars 2g	
Includes 2g	Added Sugars 4%
<b>Protein</b> 3g	
Vitamin D 0mcg	0%
Calcium 8mg	0%
Iron 1mg	6%
Potassium 44mg	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:**  
 ENRICHED WHEAT FLOUR (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), CORN OIL, SUGAR, Less Than 2% Of: SALT, CORN SYRUP, LEAVENING (contains one or more of the following: yeast, sodium bicarbonate, ammonium bicarbonate), BARLEY MALT EXTRACT, CINNAMON, VANILLA (Water, Cane Alcohol, Vanilla Bean Extractives, Sugar), NUTMEG, GINGER, ROSEMARY EXTRACT (Antioxidant).

**CONTAINS: WHEAT**

Shelf Life: 6 Months

www.eastshorefoods.com  
 EAST SHORE SPECIALTY FOODS, INC.  
 643 CARDINAL LANE  
 HARTLAND, WI 53029