

East Shore Specialty Foods

Nutritional Information

10 oz Waffle Pretzels			
N u t r i t i o n F a c t s			
Serving Size 17 pretzels (30g)			
Servings Per Container about 9			
Amount Per Serving			
Calories 120 Calories from Fat 10			
% Daily Value*			
Total Fat	1g		2%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	320mg		13%
Total Carbohydrate	24g		8%
Dietary Fiber	1g		4%
Sugars	less than 1g		
Protein	3g		
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	6%
* 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 Carbohydrates		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat	9	Carbohydrate	4 Protein 4

INGREDIENTS:
 ENRICHED WHEAT FLOUR (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), SALT, Less than 2% of: HIGH OLEIC CANOLA OIL AND/OR SOYBEAN OIL, CORN SYRUP, BARLEY MALT EXTRACT, LEAVENING (Yeast, Sodium Bicarbonate, and/or Ammonium Bicarbonate).

PRODUCED IN A FACILITY THAT USES PEANUT BUTTER

CONTAINS: WHEAT

Product of U.S.A.

Shelf Life 7 Months

www.eastshorefoods.com
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