



## **Rold Gold® Tiny Twist Pretzels – 1 oz. (28 g.)**

Nutrition Facts			
Serving Size 1 package			
Servings Per Container 1			
<b>Amount Per Serving</b>			
<b>Calories</b>			
			110
<b>Calories from Fat</b>			
			10
		<b>%Daily Value*</b>	
<b>Total Fat</b>	1g		<b>2%</b>
Saturated Fat	0g		<b>0%</b>
Trans Fat	0g		
<b>Cholesterol</b>	0mg		<b>0%</b>
<b>Sodium</b>	450mg		<b>19%</b>
<b>Potassium</b>	80mg		<b>2%</b>
<b>Total Carbohydrate</b>	23g		<b>8%</b>
Dietary Fiber	1g		<b>4%</b>
Sugars	less than 1g		
<b>Protein</b>	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 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), 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	Yes - OU
Document Updated	2/17

I verify this information is accurate  
as of 2/17/17.



Jan Rugg  
PepsiCo Foodservice/Vend  
Nutrition Science

All products are accurately labeled with the most current information however, since the ingredients are subject to change, we recommend you check the label on the specific product for the most current and accurate information