



Distributed by:
FRESH COUNTRY
FUND RAISING
 Longview, Texas 75604

Pretzels

6 pretzels, salt, cinnamon sugar

INGREDIENTS: WHEAT FLOUR BLEND [WHEAT FLOUR, ENRICHED FLOUR (BLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID)], WATER, SUGAR, CONTAINS 2% OR LESS OF THE FOLLOWING: SALT, YEAST, GUAR GUM, MONOGLYCERIDES, SORBITAN MONOSTEARATE, ASCORBIC ACID, DEXTROSE.

CINNAMON SUGAR: SUGAR, CINNAMON. SALT: PRETZEL SALT.

Contains Wheat.

**KEEP
FROZEN**

Nutrition Facts

	Fresh Country Pretzels	Fresh Country Pretzels with butter and salt	Fresh Country Pretzels with Cinnamon Sugar
Serving Size	1 Pretzel (115g)	1 Pretzel (117g)	1 Pretzel (125g)
Servings Per Container	6	6	6
Amount Per Serving			
Calories	290	300	340
Calories from Fat	20	35	35
	% Daily Value*	% Daily Value*	% Daily Value*
Total Fat	2g	3.5g	5g
Saturated Fat	1g	2g	2g
Trans Fat	0g	0g	0g
Cholesterol	0mg	5mg	5mg
Sodium	230mg	1010mg	220mg
Total Carbohydrate	59g	58g	68g
Dietary Fiber	3g	3g	3g
Sugars	9g	9g	19g
Protein	7g	7g	7g
Vitamin A	0%		2%
Vitamin C	4%		4%
Calcium	2%		2%
Iron	4%		4%

*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
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4