



NUTRITION OUTPUT FORM

ITEM NUMBER: 3253

ITEM DESCRIPTION: HTW LOAF N/S 7OZ/50

Nutrition Facts	
200 servings per container	
Serving size	1/4 pretzel (50g)
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 70mg	3%
Total Carbohydrate 26g	9%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0.2mcg	2%
Calcium 10mg	0%
Iron 1.8mg	10%
Potassium 40mg	0%
*The % Daily Value 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.	

Nutrition Facts	
200 servings per container	
Serving size	1/4 pretzel with 1/2 tsp (2g) salt (52g)
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 850mg	37%
Total Carbohydrate 26g	9%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0.2mcg	2%
Calcium 10mg	0%
Iron 1.8mg	10%
Potassium 40mg	0%
*The % Daily Value 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.	

100g NUTRITIONAL	
Basic Components	
Calories (kcal)	254.149
Calories from SatFat (kcal)	0
Protein (g)	8.618
Carbohydrates (g)	51.244
Dietary Fiber (2016) (g)	1.469
Total Sugars (g)	0.713
Added Sugar (g)	0
Fat (g)	1.413
Saturated Fat (g)	0
Mono Fat (g)	0.014
Poly Fat (g)	0.699
Trans Fatty Acid (g)	0
Cholesterol (mg)	0
Water (g)	39.397
Ash (g)	0.028
Vitamins	
Vitamin A - RAE (mcg)	0
Vitamin C (mg)	0
Vitamin D - IU (IU)	15.878
Vitamin D - mcg (mcg)	0.397
Minerals	
Calcium (mg)	12.745
Iron (mg)	3.525
Potassium (mg)	88.750
Sodium (mg)	136.999

INGREDIENTS: ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, BICARBONATES AND CARBONATES OF SODA.

SALT PACKET: SALT

CONTAINS WHEAT.

DOES NOT CONTAIN BIOENGINEERED FOOD INGREDIENTS.

LAST MODIFIED: 2.22.23

MODIFIED BY: Jenna Berghof

DOCUMENT REVISION #: O