



2.2 oz 51% Whole Grain Soft Pretzels - 100 ct

MANUFACTURER'S PRODUCT CODE: 30110

## Nutrition Facts

Serving Size 1 pretzel(62g)  
Serving Per Container 100

### Amount Per Serving

Calories 140 Calories from Fat 5

% Daily Value\*

Total Fat 0.5g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 150mg 6%

Total Carbohydrates 30g 10%

Dietary Fiber 3g 12%

Sugars 1g

Protein 5g

Vitamin A 0%

Vitamin C 2%

Calcium 2%

Iron 10%

\* Percent Daily Values are based on a 2000 calorie diet.  
Your daily value may be higher or lower depending on your calorie needs.

	Calories	2200	2700
Total Fat	Less than	120g	180g
Saturated Fat	Less than	25g	65g
Cholesterol	Less than	50mg	70mg
Sodium	Less than	10mg	15mg
Potassium	Less than	0mg	0mg
Total Carbohydrate		200g	270g
Dietary		33g	76g

### Storage/ Handling:

Storage/ Handling: Keep Frozen (0° F or below). Shelf life up to one year when stored properly.

### Preparation Instruction:

Oven - Preheat to 350-400F. Lightly mist frozen soft pretzel with water, then sprinkle with salt if desired. Place salted pretzel in the oven and bake for 3-5 minutes. Microwave - Lightly mist frozen soft pretzel with water, sprinkle salt, microwave on high for 20-40 seconds. Heating times and temperatures may vary

### Ingredients:

Whole Wheat Flour, Enriched Wheat Flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Water, Yeast, Corn Syrup, Wheat Gluten, Malted Barley Flour, Dough Conditioner (wheat flour, salt, soybean oil, L-cysteine, ascorbic acid, enzymes), Bicarbonates and Carbonates of Soda.

### Allergen Information:

Contains: Wheat

### Kosher Type:

OU - PAREVE

### Child Nutrition Statement:

The listed serving size provides 2 bread/grain servings based on Group B in the Food Buying Guide oz. eq. serving size exhibit. Each serving size contains a minimum of 32g creditable grains and a minimum of 16.00g whole grains for the Child Nutrition program.

## Product Specifications:

UPC	SCC/GTIN	Case	Pack
073321301101	10073321301108	1	100

Case Dimensions					
Case Length	Case Width	Case Height	Case Cube	Net Weight (Lbs)	Gross Weight (Lbs)
15.875	10.375	15.625	1.49	14.375	15.13

Pallet Dimensions		
Pallet Tier	Pallet High	Pallet Count
12	5	60

I certify that the nutritional information contained on this page is true and correct.

Kirsten Leo  
Research and Development Manager

J&J Snack Foods Corp. 6000 Central Highway, Pennsauken, NJ 08109 •  
(800) 486-9533 x6140 • www.jjsnack.com

05/13/2021