



Rold Gold® Hartzels Pretzels – .70 oz. (19.8 g)

<h3>Nutrition Facts</h3>	
Serving Size 1 package	
Servings Per Container 1	
Amount Per Serving	
Calories	
80	
Calories from Fat	10
%Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	8%
Potassium 120mg	3%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 2g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	4%
Magnesium	10%
*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 Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Fiber	
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

Ingredients:

Whole Wheat Flour, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Corn Oil, Salt, Yeast, and Ammonium Bicarbonate.

CONTAINS WHEAT INGREDIENTS.

Case UPC	000-28400-15940-1
Bag UPC	0-28400-14962-4
Case Pack	104/.70 oz. bags
Kosher Status	Yes- OU
USDA Smart Snack Compliant	Yes –whole grain first ingredient
Grain – oz. eq.	1 oz. eq.
Weight of Grain	16.9 g
Document Updated	6/16

I verify the above information is accurate as of 6/21/16.

Jan Ruegg
PepsiCo Foodservice/Vend
Nutrition Science
972-334-2165

Frito-Lay Inc.
Plano, TX 75024





Smart Snacks Product Calculator Results

Brand:
Rold Gold(r)

Product Name:
Heartzels Pretzels

Serving Size:
19.85 g

First Ingredient:
Whole Wheat Flour

• Your whole grain product meets all nutrient standards.

Nutrition Facts

Serving Size 0.7 oz (about 19.85 g) ⓘ

Amount Per Serving

Calories 80

Calories from Fat 10

Total Fat (g) 1.5

Saturated Fat (g) 0

Trans Fat (g) 0

Sodium (mg) 200

Carbohydrates

Sugars (g) 0

Vitamin D (% NA)

Potassium (% NA)

Calcium (% NA)

Dietary Fiber (% NA)

LEADING THE WAY FOR CHILDREN'S HEALTH

FOUNDED BY:

