



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

Whole Grain Rich

Nutrition Facts	
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
AHG Compliant	Yes- E, M, H
USDA Competitive Foods Compliant	Yes – 50% or more whole grains by weight
Meets USDA Whole Grain Rich Definition	Yes
Grain – oz. eq.	1 oz. eq.
Weight of Grain	16.9 g
Document Updated	1/14

I verify the above information is accurate as of 1/2/14.

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