

# Pretzel Soft no Salt

Lancer Management

**Author**

**Categories**

**Tools**

**Locations**

**Plate/Store**

**Yield** 1 Pretzel

**Portion** 1 Pretzel

**Num Portions** 1

**Prep**

**Cook**

**Finish**

**Shelf**

## Nutrition Facts

Serving Size 1 Pretzel

Servings Per Container 1

Amount Per Serving

**Calories** 380 Calories From Fat 18

% Daily Value

**Total Fat** 2g 3%

Saturated Fat 0g 0%

**Cholesterol** 0mg 0%

**Sodium** 320mg 13%

**Total Carbohydrates** 80g 27%

Dietary Fiber 4g 17%

**Protein** 12g

Vitamin A 0% Vitamin C 0%

Calcium 4% Iron 20%

\* Percent Daily Values are based on a 2000 calorie diet.

## Nutrition Descriptors

Low Fat

Low Saturated Fat

Cholesterol Free

Healthy

High in Iron

High in Carbohydrates

High in Protein

Good Source of Fiber