Date: 12/18/2008

Pretzel Soft Salted

Lancer Management

Author
Categories
Tools
Locations
Plate/Store

			Prep
Yield	1	Pretzel	**Cook**
Portion	1	Pretzel	**Finish**
Num Portions	1		**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 708mg	29%
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
High in Iron
High in Carbohydrates
High in Protein
Good Source of Fiber