



Land's Best #1782

ROLD GOLD® HEARTZELS® Pretzels



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Product Nutrition

Nutrition Facts	
Serving Size 1 package (.7 oz.)	
Servings Per Container 1	
Amount Per Serving	
Calories	80
Total 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	9%
Sugars 0g	
Protein 2g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	4%
Thiamin	10%
Riboflavin	6%
Niacin	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
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

Ingredients

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

CONTAINS A WHEAT INGREDIENT.

Additional Product Credentials

Case UPC	000-28400-31801-3
Bag UPC	0-28400-03596-5
Case Pack	104/7 oz.
Kosher Status	Yes – OU
AHG Compliant	Yes – E, M, H
HealthierUS School Challenge Compliant – Competitive Foods (Bronze, Silver or Gold Award)	Yes
HealthierUS School Challenge Compliant – Competitive Foods (Gold Award of Distinction)	Yes
Grain oz. eq. (16g/serving)	1.0
Weight of Grain	19.3g
Document Updated	May 2013

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.

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