

Nutrition Facts

Serving Size (28g) 1 oz 14 pieces
 Servings Per Container 4

Amount Per Serving

Calories 140 Calories from Fat 70

% Daily Value*

Total Fat	8g	12%
Saturated Fat	2.5g	13%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	180mg	8%
Total Carbohydrate	16g	5%
Dietary Fiber	2g	8%
Sugars	0g	
Protein	2g	

Vitamin A 0% • Vitamin C 0%
 Calcium 4% • Iron 2%

* 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	65 g	80 g
Saturated Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: CORN FLOUR, HYDROGENATED SOYBEAN AND/OR CANOLA AND/OR PALM AND/OR SUNFLOWER OIL, SEASONING [MALTODEXTRIN, SALT, GARLIC POWDER, ONION POWDER, ACETIC ACID, MONOSODIUM GLUTAMATE, CHILE, CITRIC ACID, MODIFIED FOOD STARCH, ARABIC GUM, CORN OIL, SUCROSE, ARTIFICIAL COLORS (FD&C RED No. 40 LAKE, FD&C YELLOW No. 6 LAKE, FD&C BLUE No. 1 LAKE), YEAST EXTRACT, SILICON DIOXIDE, SODIUM ACETATE, SPICES, NATURAL FLAVOR, ARTIFICIAL FLAVOR, RIBONUCLEOTIDES, MALIC ACID, POTASSIUM HYDROXIDE, MAGNESIUM CHLORIDE, CALCIUM CHLORIDE, MONOGLYCERIDES, DIGLYCERIDES, MONOPOTASSIUM PHOSPHATE AND BHT] AND ANTIOXIDANTS (BHT AND/OR TBHQ AND/OR PROPYLENE GLYCOL AND/OR BHA).

ALSO CONTAINS SOY, MILK, EGG AND FD&C YELLOW No.5



CHOLESTEROL FREE

Nutrition Facts

Serving Size 43 Pieces (30g / 1.1 oz)
Servings Per Container About 8

Amount Per Serving

Calories 130 Calories from Fat 20

% Daily Value*

Total Fat 2.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 430mg	18%
Total Carbohydrate 24g	8%
Dietary Fiber Less than 1g	3%
Sugars Less than 1g	

Protein 3g

Vitamin A	0%	•	Vitamin C	0%
Calcium	0%	•	Iron	8%

*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



MADE WITH SMILES AND UNBLEACHED ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), SALT, VEGETABLE OILS (CANOLA, SUNFLOWER AND/OR SOYBEAN), CONTAINS 2 PERCENT OR LESS OF: BAKING POWDER (SODIUM ACID PYROPHOSPHATE, BAKING SODA, CORN STARCH, MONOCALCIUM PHOSPHATE), MALTED BARLEY, BICARBONATES AND CARBONATES OF SODIUM AND NONFAT MILK*.

*ADDS A TRIVIAL AMOUNT OF CHOLESTEROL.

PEPPERIDGE FARM, INCORPORATED, NORWALK, CT 06856
PRODUCT OF USA



Nutrition Facts

Serving Size 1 oz. (28g/About 17 pretzels)
 Servings Per Container 16

Amount Per Serving
Calories 110 **Calories from Fat 10**

	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 450mg	19%
Potassium 80mg	2%
Total Carbohydrate 23g	8%
Dietary Fiber 1g	4%
Sugars less than 1g	

Protein 2g

Vitamin A 0%	•	Vitamin C 0%
Calcium 0%	•	Iron 6%
Thiamin 8%	•	Riboflavin 8%
Niacin 6%	•	Phosphorus 2%
Magnesium 2%		

* 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	85g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Potassium		3,500mg	3,500mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Salt, Corn Oil, Corn Syrup, Ammonium Bicarbonate, Malt Extract, and Yeast.
CONTAINS A WHEAT INGREDIENT.

No Preservatives.



Nutrition Facts

Serving Size 1 package
Servings Per Container 1

Amount Per Serving			
Calories 200		Calories from Fat 120	
		% Daily Value*	
Total Fat 14g			21%
Saturated Fat 2g			9%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 310mg			13%
Total Carbohydrate 19g			6%
Dietary Fiber less than 1g			3%
Sugars less than 1g			
Protein 2g			
Vitamin A 0%	•	Vitamin C 0%	
Calcium 0%	•	Iron 4%	
Thiamin 8%	•	Riboflavin 4%	
Niacin 4%	•	Vitamin B ₆ 2%	

* 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: Enriched Corn Meal (Corn Meal, Ferrous Sulfate, Niacin, Thiamin Mononitrate, Riboflavin, and Folic Acid), Vegetable Oil (Corn, Canola, and/or Sunflower Oil), Flamin' Hot Seasoning (Maltodextrin [Made From Corn], Salt, Sugar, Monosodium Glutamate, Yeast Extract, Citric Acid, Artificial Color [Red 40 Lake, Yellow 6 Lake, Yellow 6, Yellow 5], Sunflower Oil, Cheddar Cheese [Milk, Cheese Cultures, Salt, Enzymes], Onion Powder, Whey, Whey Protein Concentrate, Garlic Powder, Natural Flavor, Buttermilk, Sodium Diacetate, Disodium Inosinate, and Disodium Guanylate), and Salt.

CONTAINS MILK INGREDIENTS.