

- 51% Whole Grain Baked Pretzel-2.2OZ/100

Offer a whole lot of goodness with our 51% Whole Grain Pretzels. The perfect addition to any nutritious meal. Our soft, warm and delicious 51% whole grain pretzels with increased fiber and whole grain goodness.They're a great way to add excitement to school menus and more.



MARKETING

Provides various grains/breads for the Child Nutrition Program. Delivers up to 4 g fiber per pretzel, depending on size. Simply heat and serve

Nutrition Facts

100 Servings per container

Serving Size 1 pretzel

Amount Per Serving

Calories **150**

% Daily Value*

Total Fat 1 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 140 mg	6%
Total Carbohydrates 30 g	11%
Dietary Fiber 3 g	11%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%

Protein 5 g

Vitamin D 0 mcg	0%
Calcium 10 mg	0%
Iron 1.8 mg	10%
Potassium 100 mg	2%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

PRODUCT SPECIFICATIONS

Code	Dist Prod Code	GTIN	Calculated Pack			
30110	218981	10073321301108	case of 100			
Brand	Brand Owner	GPC Description				
SUPERPRETZEL®	J&J SNACK FOODS CORP.	Dough Based Products / Meals - Not Ready to Eat - Savoury (Frozen)				
Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition	
15.13 LBR	14.375 LBR	No	United States	Yes	No	
Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.875 INH	10.375 INH	15.625 INH	1.4893 FTQ	12x5	365 Days	-10 FAH / 0 FAH
Traceability Regulation						
Regulation Type Code	Regulatory Act	Trade Item Regulation Compliant	Regulation Restrictions and Descriptors			
N/A	N/A	N/A	N/A			

HANDLING SUGGESTIONS

Storage/ Handling: _x000D_ Keep Frozen (0° F or below). Shelf life up to one year when stored properly. _x000D_

ALLERGENS

C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; INI = 'Intentionally nor Inherently Included'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

- Milk - N
- Eggs - N
- Soybean - N
- Wheat - C
- Sesame - N
- Peanuts - N
- Tree - N
- Fish - N
- Shellfish - N
- Crustaceans - N

INGREDIENTS

WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, CONTAINS 2% OR LESS OF THE FOLLOWING: CORN SYRUP, WHEAT GLUTEN, MALTED BARLEY POWDER (BARLEY MALT FLOUR, DEXTROSE, WHEAT FLOUR), DOUGH CONDITIONER (WHEAT FLOUR, SALT, SOYBEAN OIL, I-CYSTEINE, ASCORBIC ACID, ENZYMES), ASCORBIC ACID, BICARBONATES AND CARBONATES OF SODA. SALT PACKET: SALT

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PREPARATION & COOKING SUGGESTIONS

Oven - Preheat to 350-400F. Lightly mist frozen soft pretzel with water, then sprinkle with salt if desired. Place salted pretzel in the oven and bake for 3-5 minutes. Microwave - Lightly mist frozen soft pretzel with water, sprinkle salt, microwave on high for 20-40 seconds. Heating times and temperatures may vary

SERVING SUGGESTIONS

Heat and serve.

MORE INFORMATION

NUTRITIONAL ANALYSIS

Calories	150
Protein	5 g
Total Carbohydrates	30 g
Sugars	0 g
Dietary Fiber	3 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	1 g
Trans Fat	0 g
Saturated Fat	0 g
Added Sugars	0 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	140 mg
Calcium	10 mg
Iron	1.8 mg
Potassium	100 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS

KOSHER	YES
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MORE IMAGES

