

# 100662 - 51% WholeGrain Baked Pretzel Rod-1OZ/180

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

## PRODUCT SPECIFICATIONS

Code	Dist Prod Code	GTIN	Calculated Pack
31012	100662	10073321310124	case of 180

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
12.7688 LBR	11.875 LBR	No	United States	Yes	No

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.375 INH	11.375 INH	7.75 INH	0.7844 FTQ	10x10	365 Days	-10 FAH / 15 FAH

## ALLERGENS

C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; 30 = 'Free From Not Tested'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

- Milk - NI
- Eggs - NI
- Soy - NI
- Wheat - C
- Sesame - NI
- Peanuts - NI
- Tree Nuts - NI
- Fish - NI
- Shellfish - NI

## HANDLING SUGGESTIONS

Keep Frozen (0° F or below). Shelf life up to one year when stored properly.

## MORE INFORMATION

## SERVING SUGGESTIONS

Bake and serve.

## 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

# Nutrition Facts

180 Servings per container

**Serving Size** 1 pretzel rods

**Amount Per Serving**  
**Calories** **70**

% Daily Value\*

**Total Fat** 1 g **1%**

Saturated Fat 0 g **0%**

Trans Fat 0 g

**Cholesterol** 0 mg **0%**

**Sodium** 40 mg **2%**

**Total Carbohydrates** 14 g **5%**

Dietary Fiber 1 g **4%**

Total Sugars 0 g

Includes Added Sugars %

**Protein** 5 g

Vitamin D %

Calcium 0%

Iron 4%

Potassium %

\* 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.

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## NUTRITIONAL ANALYSIS



Calories	70
Protein	5 g
Total Carbohydrates	14 g
Sugars	0 g
Dietary Fiber	1 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	
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	40 mg
Calcium	
Iron	
Potassium	
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

## NUTRITIONAL CLAIMS



KOSHER	YES
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