



J&J SNACK

162027 - Pretzel I/W Wg 2.2 Oz

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. Theyre a great way to add excitement to school menus and more.



Nutrition Facts

100 Servings Per Container

Serving size **1Pretzel (62g)**

Amount per serving
Calories 140

% Daily Value*

Total Fat 1 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 150 mg	7%
Total Carbohydrate 30 g	11%
Dietary Fiber 3 g	11%
Total Sugars 1 g	
Includes 0 g Added Sugar	0%
Protein 5 g	
Vitamin D 0 mcg	0%
Calcium 0 mg	0%
Iron 0 mg	0%
Potassium 0 mg	0%

* The % Daily Value (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.

* Benefits

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

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, BARLEY MALT POWDER (BARLEY MALT FLOUR, DEXTROSE, WHEAT FLOUR), DOUGH CONDITIONER (WHEAT FLOUR, SALT, SOYBEAN OIL, L-CYSTEINE, ASCORBIC ACID, ENZYMES), ASCORBIC ACID, BICARBONATES AND CARBONATES OF SODA.

Allergens

Contains:



wheat

Free From:



Handling Suggestions

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

Serving Suggestions

Thaw and serve.

Prep & Cooking Suggestions

1)Product can be Thaw and Serve 2)Product can be reheated in the oven by removing the pretzel from the film, preheat oven to 350-400F. Lightly mist frozen soft pretzel with water, then sprinkle with salt if desired. Place pretzel in the oven and bake for 3-5 minutes. 3)Microwave - Product can be reheated in the microwave by removing the pretzel from the film, lightly mist frozen soft pretzel with water, sprinkle salt if desired, microwave on high for 20-40 seconds. Heating times and temperatures may vary.

Product Specifications

Brand	Manufacturer
J&J SNACK	J&J SNACK FOODS FSC

MFG #	SPC #	GTIN	Pack	Pack Desc.
30410	162027	10073321304109	100	100/2.2 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
14.75 lb	13.75 lb	USA	Yes	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
23.5 in	9.25 in	12.75 in	1.6 ft3	8x6	0 DAYS	0 °F / 32 °F



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Nutrition Analysis - By Serving

Calories	140	Total Fat	1 g	Sodium	150 mg
Protein	5	Trans Fats	0 g	Calcium	0 mg
Total Carbohydrates...	30 g	Saturated Fat	0 g	Iron	0 mg
Sugars	1 g	Added Sugars	0 g	Potassium	0 mg
Dietary Fiber	3 g	Polyunsaturated Fat	0 g	Zinc	0
Lactose		Monounsaturated Fat	0 g	Phosphorus	
Sucrose		Cholesterol	0 mg		
Vitamin A(IU)	0	Vitamin D	0 mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0 mg	Folate	0 mg	Riboflavin	0 mg
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

