



J&J SNACK

218835 - Pretzel Rod Soft Wg Frz

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.



\* 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, CORN SYRUP, CONTAINS 2% OR LESS OF THE FOLLOWING: WHEAT GLUTEN, YEAST, DIASTATIC BARLEY MALT POWDER (MALTED BARLEY FLOUR, WHEAT FLOUR, DEXTROSE), ASCORBIC ACID, BICARBONATES AND CARBONATES OF SODA. CONTAINS WHEAT.

⚠ Allergens

Contains:



wheat

Nutrition Facts

Servings per Container 180  
Serving size 1pretzelrods (24g)

Amount per serving  
**Calories 70**

	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugar	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	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.

Handling Suggestions

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

Serving Suggestions

Bake and serve.

Prep & 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

📄 Product Specifications

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

MFG #	SPC #	GTIN	Pack	Pack Desc.
31012	218835	10073321310124	180	180/1 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
14.4lb	13lb	USA	Yes	No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
15.6in	11.37in	7.75in	0.8ft3	10x3	0DAYS	0°F / 32°F



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Nutrition Analysis - By Measure

Calories	70	Total Fat	1g	Sodium	40mg
Protein	5	Trans Fats	0g	Calcium	0mg
Total Carbohydrates...	14g	Saturated Fat	0g	Iron	0mg
Sugars	1g	Added Sugars	0g	Potassium	0mg
Dietary Fiber	1g	Polyunsaturated Fat	0g	Zinc	0
Lactose		Monounsaturated Fat	0g	Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•	0	Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate	0mg	Riboflavin	0mg
Magnesium		Vitamin B-6		Vitamin B-12•	
Monosodium		Sulphites		Nitrates	

Additional Images

