



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.



## Nutrition Facts

180 Servings Per Container

Serving size 1pretzelrods (24g)

Amount per serving  
**Calories 70**

% Daily Value\*

|                                |           |
|--------------------------------|-----------|
| <b>Total Fat</b> 1 g           | <b>1%</b> |
| Saturated Fat 0 g              | <b>0%</b> |
| Trans Fat 0 g                  |           |
| <b>Cholesterol</b> 0 mg        | <b>0%</b> |
| <b>Sodium</b> 40 mg            | <b>2%</b> |
| <b>Total Carbohydrate</b> 14 g | <b>5%</b> |
| Dietary Fiber 1 g              | <b>4%</b> |
| Total Sugars 1 g               |           |
| Includes Added Sugar           | <b>%</b>  |
| <b>Protein</b> 5 g             |           |
| Vitamin D                      | <b>%</b>  |
| Calcium                        | <b>0%</b> |
| Iron                           | <b>4%</b> |
| Potassium                      | <b>%</b>  |

\* 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, 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:



### 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 Corp. |

| MFG # | SPC #  | GTIN           | Pack | Pack Desc.    |
|-------|--------|----------------|------|---------------|
| 31012 | 218835 | 10073321310124 | 180  | 180 / 1.0 ONZ |

| Gross Weight | Net Weight | Country of Origin | Kosher | Child Nutrition |
|--------------|------------|-------------------|--------|-----------------|
| 12.77 lb     | 11.88 lb   | USA               | Yes    | No              |

| Shipping Information |          |         |          |       |            |                      |
|----------------------|----------|---------|----------|-------|------------|----------------------|
| Length               | Width    | Height  | Volume   | TlxHI | Shelf Life | Storage Temp From/To |
| 15.38 in             | 11.38 in | 7.75 in | 0.78 ft3 | 10x10 | 365 DAYS   | -10 °F / 15 °F       |



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## Nutrition Analysis - By Measure

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

## Additional Images

