



J&J SNACK

218922 - Pretzel Shamrock S/O

Add excitement to any menu by serving SUPERPRETZEL Soft Pretzel 51% Whole Grain FUN SHAPES! Each heat-and-serve soft pretzel shape combines the great taste of SUPERPRETZEL with a unique and fun shape. Optional white salt packets included.



* 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 berley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Water, Yeast, Corn Syrup, Wheat Gluten, Barley Malt, Ascorbic Acid, Bicarbonates and Carbonates of Soda.

⚠ Allergens

Contains:



Free From:



Nutrition Facts

100 Servings Per Container

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

Amount per serving
Calories 140

% Daily Value*

Total Fat 0.5 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 Added Sugar **%**

Protein 5 g

Vitamin D **%**

Calcium 10.12 mg **1%**

Iron 1.81 mg **10%**

Potassium **%**

* 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 Until Ready To Use

Serving Suggestions

Heat and serve.

Prep & Cooking Suggestions

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

✍ Product Specifications

Brand	Manufacturer
J&J SNACK	J&J Snack Foods Corp.

MFG #	SPC #	GTIN	Pack	Pack Desc.
3703	218922	10073321037038	100	100 / 2.2 ONZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
15.5 lb	14.19 lb	USA	Yes	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.88 in	10.38 in	13.13 in	1.25 ft3	12x6	365 DAYS	-10 °F / 0 °F



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Nutrition Analysis - By Serving

Calories	140	Total Fat	0.5 g	Sodium	150 mg
Protein	5	Trans Fats	0 g	Calcium	10.12 mg
Total Carbohydrates...	30 g	Saturated Fat	0 g	Iron	1.81 mg
Sugars	1 g	Added Sugars		Potassium	
Dietary Fiber	3 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0 mg		
Vitamin A(U)	1.76	Vitamin D		Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0.88 mg	Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2	
Monosodium		Sulphites		Nitrates	

Additional Images

