



J&J SNACK

218981 - Pretzel Regular Size Wg

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.



* 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, MALTED BARLEY 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. SALT PACKET: SALT

⚠ Allergens

Contains:



Free From:



Nutrition Facts

Servings per Container 100
Serving size 1pretzel (62g)

Amount per serving
Calories 150

	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 30g	11%
Dietary Fiber 3g	11%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 10mg	1%
Iron 1.8mg	10%
Potassium 100mg	2%

* 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

Storage/ Handling: _x000D_ Keep Frozen (0 F or below). Shelf life up to one year when stored properly. _x000D_

Serving Suggestions

Heat 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.
30110	218981	10073321301108	100	100 / 2.2 ONZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
15.13lb	14.38lb	USA	Yes	No

Shipping Information						
Length	Width	Height	Volume	TLxHI	Shelf Life	Storage Temp From/To
15.88in	10.38in	15.63in	1.49ft3	12x5	365DAYS	-10°F / 0°F



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Nutrition Analysis - By Measure

Calories	150	Total Fat	1g	Sodium	140mg
Protein	5	Trans Fats	0g	Calcium	10mg
Total Carbohydrates...	30g	Saturated Fat	0g	Iron	1.8mg
Sugars	0g	Added Sugars	0g	Potassium	100mg
Dietary Fiber	3g	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

