



### Smart Snacks Product Calculator Results

Brand:  
**J&J Snack Foods**

Product Name:  
**2.2oz Whole Wheat Soft Pretzel**

Serving Size:  
**62.37 g**

First Ingredient:  
**Whole Wheat Flour**

Your whole grain product meets all nutrient standards.

### Nutrition Facts

Serving Size 2.2 oz (about 62.37 g) ⓘ

Servings Per Container

Amount Per Serving

Calories 140 Calories from Fat 5

Total Fat (g) 0.5

Saturated Fat (g) 0

Trans Fat (g) 0

Sodium (mg) 150

Carbohydrates

Sugars (g) 1

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA

LEADING THE WAY FOR CHILDREN'S HEALTH

FOUNDED BY:





**Pretzel Soft Regular Baked Whole Wheat Frozen Meets School Grain Requirements**

**Product Id F4602**

**Pack Size:** 100/2.2 **Brand:** Super Pretzel

**Category:** Frozen Foods » Bakery » Soft Pretzels

**Classification:** Dough Based Products - Not Ready to Eat - Savoury (Frozen)

<b>GTIN:</b>	10073321301108	<b>Servings Per Case:</b>	100 / 2.2oz Servings
<b>Inner Pack GTIN:</b>		<b>Storage:</b>	Store between -10° F & 0° F
<b>MFR Product Number:</b>	30110	<b>Shelf Life:</b>	365 days
<b>MFR Product Name:</b>	51% Whole Grain Baked Pretzel-2.2Oz	<b>Catch Weight:</b>	
<b>MFR Brand Name:</b>	Superpretzel		
<b>MFR Name:</b>	J&J SNACK FOODS CORP.		

**Allergens:**

Crustacean	Eggs	Fish	Milk	Sesame	Tree Nuts	Wheat	Soy	Peanuts
No Info	No Info	No Info	No Info	No Info	No Info	No Info	No Info	No Info

Kosher	Halal	Organic	Vegan	Gluten Free
Yes				

**Nutritional Information**

	Amount Per Serving	% Daily Value*
Calories:	140	
Calories from Fat:	5	
Total Fat:	0.5gm	1%
Saturated Fat:	0gm	0%
Trans Fat:	0gm	
Cholesterol:	0mg	0%
Sodium:	150mg	6%
Total Carbohydrates:	30gm	10%
Dietary Fiber:	3gm	12%
Sugar:	1gm	
Protein:	5g	
Vitamin C:	2mg	2%
Calcium:	2mg	2%
Iron:	10mg	10%
Folate:	0mc	
Potassium:	0me	0%
Riboflavin:	0me	0%

\* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**Nutrition Facts**

Serving Size 1 pretzel (2.2oz)  
Servings Per Case: 100

Amount Per Serving	
<b>Calories</b> 140	<b>Calories from Fat</b> 5
% Daily Value*	
<b>Total Fat</b> 0.5gm	<b>1%</b>
Saturated Fat 0gm	<b>0%</b>
Trans Fat 0gm	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 150mg	<b>6%</b>
<b>Potassium</b> 0me	<b>0%</b>
<b>Total Carbohydrates</b> 30gm	<b>10%</b>
Dietary Fiber 3gm	<b>12%</b>
Sugars 1gm	
<b>Protein</b> 5gm	
Vitamin A 0%	Vitamin C 2%
Calcium 2%	Iron 10%

\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	29g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

This is a representation of the nutrition label. The actual nutrition label format may vary slightly. Reinhart FoodService, L.L.C. Information Updated on February 2, 2015. Generated on March 20, 2015. Data was supplied by GS1.

**Packaging Information**

Unit Type:	CASE
Base Unit:	True
Consumer Unit:	True
Despatch Unit:	False
Invoice Unit:	True
Orderable Unit:	True
Variable Unit:	False

# Packaging Information ... continued

Has Batch Number:	False
Gross Weight:	15.13 lb
Net Weight:	14.38 lb
Length:	15.88 in
Width:	10.38 in
Height:	15.63 in
Net Content:	2.20 oz
Volume:	1.49 cf
Qty of Next Lower Level:	100
Layers Per Pallet:	5
Items Per Pallet:	12
Inner Pack Quantity:	1

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## Ingredients List

WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, CORN SYRUP, WHEAT GLUTEN, MALTED BARLEY FLOUR, ASCORBIC ACID, BICARBONATES AND CARBONATES OF SODA.

Provides 3 Breads under the Child Nutrition Program, made with 51% whole wheat

Heat and serve.