lucky you! ™

Dark Chocolate Covered Sourdough Pretzel

Ingredients

DARK CHOCOLATE - sugar, palm kernel and partially hydrogenated palm oils, cocoa (processed with potassium carbonate), nonfat milk, sorbitan monostearate and soya lecithin emulsifiers and pure vanilla

SOURDOUGH PRETZEL - wheat flour, salt, pegetable oi (palm and/or corn oil), maltodextrin, buttermilk solids, lactic acid, citric acid, yeast, modified corn starch, natural butter flavor, vinegar, soda

Allergens

May contain trace amounts of egg, milk, soy, wheat, peanuts and tree nuts

Nutrition Information by Topping

Sugar

Nutrition Facts
Serving Size 1 pretzel (16g)
Servings Per Container

Amount Per Serving	
Calories 70	Calories from Fat 30
	% Daily Value*
Total Fat 3g	**5%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 85mg	**4%**
Total Carbohydrate 11g	**4%**
Dietary Fiber 1g	**4%**
Sugars 7g	
Protein 1g	

Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 2%

*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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Sugar, artificial colors

Quins

Nutrition Facts
Serving Size 1 pretzel (16g)
Servings Per Container

Amount Per Serving	
Calories 70	Calories from Fat 30
	% Daily Value*
Total Fat 3g	**5%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 85mg	**4%**
Total Carbohydrate 11g	**4%**
Dietary Fiber 1g	**4%**
Sugars 6g	
Protein 1g	

Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 2%

*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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Sugar, rice flour, partially hydrogenated vegetable iol (cottonseed, soybean), cornstarch, cellulose gum, carrageenan, soya lecithin, gum tragacanth, titanium dioxide, artificial colors, artificial flavors

Non-Pareils

Nutrition Facts
Serving Size 1 pretzel (16g)
Servings Per Container

Amount Per Serving	
Calories 70	Calories from Fat 30
	% Daily Value*
Total Fat 3g	**5%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 85mg	**4%**
Total Carbohydrate 11g	**4%**
Dietary Fiber 1g	**4%**
Sugars 6g	
Protein 1g	

Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 2%

*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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Sugar, corn starch, confectioner's glaze, carnuba wax

Heath Toffee Chunks

Nutrition Facts
Serving Size 1 pretzel (16g)
Servings Per Container

Amount Per Serving	
Calories 80	Calories from Fat 35
	% Daily Value*
Total Fat 4g	**6%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 95mg	**4%**
Total Carbohydrate 10g	**3%**
Dietary Fiber 1g	**4%**
Sugars 6g	
Protein 1g	

Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 2%

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

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: milk chocolate (sugar, cocoa butter, chocolate, non-fat milk, milk fat, lactose, soy lecithin, salt, vanillin, artificial flavor), sugar, palm oil, dairy butter (milk), almonds (roasted in cocoa butter and/or sunflower oil), contains 2% or less of: salt, artificial flavor, soy lecithin

Crushed Peppermint

Nutrition Facts
Serving Size 1 pretzel (16g)
Servings Per Container

Amount Per Serving	
Calories 70	Calories from Fat 30
	% Daily Value*
Total Fat 3g	**5%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 85mg	**4%**
Total Carbohydrate 11g	**4%**
Dietary Fiber 1g	**4%**
Sugars 6g	
Protein 1g	

Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 2%

*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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Sugar, corn syrup, peppermint oil, artificial color