

# Pizza Pretzel Nutritional Information

## Ingredients:

**Pretzel** - Enriched White Flour, Golden Sugar, Vegetable Oil, Sea Salt, Dough Conditioner (Wheat Flour, Malted Wheat Flour, Soya Flour, Corn Protein, Lecithin, Calcium Carbonate, Calcium Phosphate, Ascorbic Acid, Guar Gum, Monodiglycerides, Enzymes), Yeast.

**Topping:** - Pizza Sauce, Cheddar Cheese, Poppy Seeds, Garlic.

**Serving Instructions:** Heat and Eat! The optimum is to use a toaster oven and heat @ 300 degrees for 3-5 minutes. Alternatively, in the microwave.

<b>Nutrition Facts</b>			
Serving Size 1 Pizza Pretzel (185g)			
Amount per Serving			
Calories 458			
		% Daily Value*	
Total Fat	10g		15%
	Saturated Fat	3g	15%
	Trans Fat	0g	0%
Cholesterol	9g		3%
Sodium	745mg		31%
Total Carbohydrates	74 g		25%
	Dietary Fibre	1g	4%
	Sugars	1g	
Protein	15 g		30%
Vitamin A	2%	●	Vitamin C 4%
Calcium	12%	●	Iron 11%

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