

Benzel's Bretzel Bakery Chocolate Pretzel Grahams

NUTRITION FACTS			
Serving Size: 1oz (28g/about 8 pretzels)			
Servings per Container:			
Amount per Serving			
Calories 120	Calories from Fat 30		
% Daily Value*			
Total Fat 3.5g			5%
Saturated Fat 1g			5%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 170mg			7%
Total Carbohydrate 22g			7%
Dietary Fiber 1g			2%
Sugars 5g			
Protein 2g			
Vitamin A **% * Vitamin C **%			
Calcium **% * Iron 6%			
** Contains less than 2% of the daily value of these nutrients			
*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: Unbleached enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate-B1, riboflavin-B2, folic acid), sugar, soybean oil, graham flour, cocoa (processed with alkali), honey, salt, soy lecithin (emulsifier), leavening (baking soda), and vanilla.

**Contains: Wheat and Soy Ingredients.

**Manufactured in a plant that processes/uses chocolate, cinnamon, gluten, honey, peanuts, sesame, soybean oil and other soy products, tree nuts, and wheat flour.