

#197 Yogurt-Frosted Pretzels

Nutrition Facts	
Serving Size 6 Pieces (30g)	
Servings Per Container	
Amount Per Serving	
Calories 150	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 22g	7%
Dietary Fiber 1g	4%
Sugars 14g	
Protein 1g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• 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: Yogurt Coating (sugar, palm kernel oil, reduced mineral whey powder, whole milk solids, yogurt powder [cultured whey protein concentrate and cultured skim milk], soy lecithin [emulsifier], artificial color [titanium dioxide], salt, lactic acid, natural flavor), Pretzels (unbleached enriched wheat flour [flour, niacin, reduced iron, thiamine mononitrate-B1, riboflavin-B2, folic acid], malt, salt, soybean oil).