Wheelhouse Signature Pretzel



Nutrition Facts
Servings per container: 1
Serving size: 1 Pretzel (113g)

	1 Pretzel		1 Pretzel (113g) with 1/4 tsp Salt (1g)	
Calories	**310**		**310**	
		% Daily Value*		% Daily Value*
Total Fat	5g	6%	5g	6%
Saturated Fat	0.5g	3%	0.5g	3%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	560mg	24%	950mg	41%
Total Carbohydrate	54g	20%	54g	20%
Dietary Fiber	2g	7%	2g	7%
Total Sugars	2g		2g	
Includes Added Sugars	1g	2%	1g	2%
Protein	9g		9g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	0mg	0%	0mg	0%
Iron	3.1mg	15%	3.1mg	15%
Potassium	0mg	0%	0mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Turnbuckle Pretzel Sticks



Nutrition Facts
Servings per container: 6
Serving size: 1 Pretzel Stick (43g)

	1 Plain Pretzel Stick		1 Pretzel Stick (43g) with 1/4 tsp Salt (1g)	
Calories	**110**		**110**	
		% Daily Value*		% Daily Value*
Total Fat	2g	3%	2g	3%
Saturated Fat	0g	0%	0g	0%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	210mg	9%	600mg	26%
Total Carbohydrate	20g	7%	20g	7%
Dietary Fiber	<1g	3%	<1g	3%
Total Sugars	1g		1g	
Includes Added Sugars	1g	2%	1g	2%
Protein	3g		3g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	0mg	0%	0mg	0%
Iron	1.2mg	6%	1.2mg	6%
Potassium	0mg	0%	0mg	0%

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One-Timer Pretzel Bites



Nutrition Facts
Servings per container: About 6
Serving size: 4 Pretzel Bites (57g)

	4 Pretzel Bites		4 Pretzel Bites (57g) with 1/4 tsp Salt (1g)	
Calories	**150**		**150**	
		% Daily Value*		% Daily Value*
Total Fat	2.5g	3%	2.5g	3%
Saturated Fat	0g	0%	0g	0%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	280mg	12%	680mg	30%
Total Carbohydrate	27g	10%	27g	10%
Dietary Fiber	<1g	3%	<1g	3%
Total Sugars	1g		1g	
Includes Added Sugars	1g	2%	1g	2%
Protein	4g		4g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	0mg	0%	0mg	0%
Iron	1.6mg	8%	1.6mg	8%
Potassium	0mg	0%	0mg	0%

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Classic Pretzel Salt



Nutrition Facts
Serving size: 1/2 tsp (2g)

Amount per serving
Calories **0**

		% Daily Value*
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	786mg	34%
Total Carbohydrate	0g	0%
Dietary Fiber	0g	0%
Total Sugars	0g	
Includes Added Sugars	0g	0%
Protein	0g	
Vitamin D	0mcg	0%
Calcium	0mg	0%
Iron	0mg	0%
Potassium	0mg	0%

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Three Cheese Pretzel Salt



Nutrition Facts
Serving size: 1/2 tsp (2g)

Amount per serving
Calories **9**

		% Daily Value*
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	106mg	5%
Total Carbohydrate	1g	<1%
Dietary Fiber	0g	0%
Total Sugars	0g	
Includes Added Sugars	0g	0%
Protein	0g	
Vitamin D		0%
Calcium		1%
Iron		0%
Potassium		0%

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French Toast Sugar



Nutrition Facts
Serving size: 1/2 tsp (2g)

Amount per serving
Calories **9**

		% Daily Value*
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	2g	<1%
Dietary Fiber	0g	0%
Total Sugars	2g	
Includes Added Sugars	2g	4%
Protein	0g	
Vitamin D		0%
Calcium		1%
Iron		0%
Potassium		0%

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Maui Onion Mustard



Nutrition Facts
Serving size: 2 tbsp (30ml)

Amount per serving
Calories **60**

		% Daily Value*
Total Fat	1.5g	2%
Sodium	200mg	9%
Total Carbohydrate	12g	4%
Dietary Fiber	1g	4%
Total Sugars	10g	
Includes Added Sugars	9g	18%
Protein	1g	
Calcium	0mg	0%
Iron	3.1mg	15%

Not a significant source of saturated fat, trans fat, cholesterol, vitamin D and potassium.

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White Cheddar Cheese Sauce



Nutrition Facts
Serving size: 1 Pouch (113g)

Amount per serving
Calories **290**

		% Daily Value*
Total Fat	20g	26%
Saturated Fat	8g	40%
Trans Fat	0g	
Cholesterol	35mg	12%
Sodium	2020mg	88%
Total Carbohydrate	19g	7%
Dietary Fiber	0g	0%
Total Sugars	12g	
Includes Added Sugars	0g	0%
Protein	11g	
Vitamin D		0%
Calcium		30%
Iron		2%
Potassium		8%

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