

NUTRITIONALS

TEMP/TIME FROM THAWED:
TEMP/TIME FROM FROZEN:

Please use oven temperatures & heating times as a guide. These will vary depending on your oven.

425°/ 6-8 mins
400°/ 8-12 mins



Topknot
Signature XL Soft Pretzel

1 pretzel (181g)

1 serving per container

485

% Daily Value*

Total Fat	8g	10%
Saturated Fat	1g	5%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	895mg	39%
Total Carbohydrates	86g	31%
Dietary Fiber	4g	12%
Total Sugars	4g	
Includes Added Sugars	4g	6%
Protein	14g	
Vitamin D	0mcg	0%
Calcium	18mg	2%
Iron	5mg	27%
Potassium	128mg	4%



425°/ 4-6 mins
400°/ 8-10 mins



Wheelhouse
Signature Soft Pretzel

1 pretzel (113g)

2 servings per container

310

% Daily Value*

Total Fat	5g	6%
Saturated Fat	0.5g	3%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	560mg	24%
Total Carbohydrates	54g	20%
Dietary Fiber	2g	7%
Total Sugars	2g	
Includes Added Sugars	1g	2%
Protein	9g	
Vitamin D	0mcg	0%
Calcium	0mg	0%
Iron	3.1mg	15%
Potassium	0mg	0%



425°/ 3-5 mins
400°/ 6-8 mins



Tumbuckle
Soft Pretzel Stick

1 stick (43g)

6 servings per container

110

% Daily Value*

Total Fat	2g	3%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	210mg	9%
Total Carbohydrates	20g	7%
Dietary Fiber	<1g	3%
Total Sugars	1g	
Includes Added Sugars	1g	2%
Protein	3g	
Vitamin D	0mcg	0%
Calcium	0mg	0%
Iron	1.2mg	6%
Potassium	0mg	0%



425°/ 3-5 mins
400°/ 6-8 mins



SlidePiece
Soft Pretzel Slider Bun

1 slider bun (43g)

6 servings per container

110

% Daily Value*

Total Fat	2g	2%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	210mg	9%
Total Carbohydrates	20g	7%
Dietary Fiber	<1g	3%
Total Sugars	<1g	
Includes Added Sugars	<1g	2%
Protein	3g	
Vitamin D	0mcg	0%
Calcium	0mg	0%
Iron	1.2mg	6%
Potassium	30mg	0%



425°/ 3-4 mins
400°/ 4-6 mins



One-Timer
Soft Pretzel Bites

4 bites (57g)

about 6 servings per container

150

% Daily Value*

Total Fat	2.5g	3%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	280mg	12%
Total Carbohydrates	27g	10%
Dietary Fiber	<1g	3%
Total Sugars	1g	
Includes Added Sugars	1g	2%
Protein	4g	
Vitamin D	0mcg	0%
Calcium	0mg	0%
Iron	1.6mg	8%
Potassium	0mg	0%



425°/ 4-6 mins
400°/ 8-10 mins



FourSeam
Soft Pretzel Bun

1 bun (113g)

2 servings per container

310

% Daily Value*

Total Fat	5g	6%
Saturated Fat	0.5g	4%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	560mg	24%
Total Carbohydrates	54g	20%
Dietary Fiber	2g	7%
Total Sugars	2g	
Includes Added Sugars	2g	4%
Protein	8g	
Vitamin D	0mcg	0%
Calcium	10mg	0%
Iron	3.1mg	15%
Potassium	80mg	2%



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.

*Pretzels only. Does not include salt or your choice of toppings.

INGREDIENTS (All Pretzels): Wheat Flour, Water, Soybean Oil, Sugar, Salt, Enzyme, Yeast, White Vinegar
CONTAINS: Wheat.