

NUTRITIONALS

TEMP/TIME FROM THAWED: TEMP/TIME FROM FROZEN:	425°/ 6-8 mins 400°/ 8-12 mins	425°/ 4-6 mins 400°/ 8-10 mins	425°/ 3-5 mins 400°/ 6-8 mins	425°/ 3-5 mins 400°/ 6-8 mins	425°/ 3-4 mins 400°/ 4-6 mins	425°/ 4-6 mins 400°/ 8-10 mins
	Please use oven temperatures & heating times as a guide. These will vary depending on your oven.					
NUTRITION FACTS*	Topknot Signature XL Soft Pretzel	Wheelhouse Signature Soft Pretzel	Tumbuckle Soft Pretzel Stick	SlidePiece Soft Pretzel Slider Bun	One-Timer Soft Pretzel Bites	FourSeam Soft Pretzel Bun
Serving size	1 pretzel (181g)	1 pretzel (113g)	1 stick (43g)	1 slider bun (43g)	4 bites (57g)	1 bun (113g)
Calories per serving	485	310	110	110	150	310
Total Fat	8g 10%	5g 6%	2g 3%	2g 2%	2.5g 3%	5g 6%
Saturated Fat	1g 5%	0.5g 3%	0g 0%	0g 0%	0g 0%	0.5g 4%
Trans Fat	0g	0g	0g	0g	0g	0g
Cholesterol	0mg 0%	0mg 0%	0mg 0%	0mg 0%	0mg 0%	0mg 0%
Sodium	895mg 39%	560mg 24%	210mg 9%	210mg 9%	280mg 12%	560mg 24%
Total Carbohydrates	86g 31%	54g 20%	20g 7%	20g 7%	27g 10%	54g 20%
Dietary Fiber	4g 12%	2g 7%	<1g 3%	<1g 3%	<1g 3%	2g 7%
Total Sugars	4g	2g	1g	<1g	1g	2g
Includes Added Sugars	4g 6%	1g 2%	1g 2%	<1g 2%	1g 2%	2g 4%
Protein	14g	9g	3g	3g	4g	8g
Vitamin D	0mcg 0%	0mcg 0%	0mcg 0%	0mcg 0%	0mcg 0%	0mcg 0%
Calcium	18mg 2%	0mg 0%	0mg 0%	0mg 0%	0mg 0%	10mg 0%
Iron	5mg 27%	3.1mg 15%	1.2mg 6%	1.2mg 6%	1.6mg 8%	3.1mg 15%
Potassium	128mg 4%	0mg 0%	0mg 0%	30mg 0%	0mg 0%	80mg 2%
<small>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.</small>	<small>*K PARVE</small>	<small>*K PARVE</small>	<small>*K PARVE</small>	<small>*K PARVE</small>	<small>*K PARVE</small>	<small>*K PARVE</small>

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

INGREDIENTS (Classic Liège Belgian Waffles): Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Butter (Sweet Cream, Natural Flavors), Water, Whole Eggs, Invert Sugar, Soy Flour, Salt, Instant Yeast (Yeast, Sorbitan Monostearate, Ascorbic Acid), Natural Flavors, Soy Lecithin.
CONTAINS: Egg, Milk, Soy, Wheat.

INGREDIENTS (Dark Chocolate Liège Belgian Waffles): Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar (Pearl Sugar, Granulated Sugar), Butter (Sweet Cream, Natural Flavors), Dark Chocolate Coating (Sugar, Palm Kernel And Palm Oil, Cocoa Powder [processed With Alkali]), Whey Powder, Soy Lecithin, Vanilla), Water, Whole Eggs, Invert Sugar, Soy Flour, Salt, Yeast, Natural Flavors, Soy Lecithin.
CONTAINS: Egg, Milk, Soy, Wheat.

INGREDIENTS (Strawberry Liège Belgian Waffles): Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar (Pearl Sugar, Granulated Sugar), Butter (Sweet Cream, Natural Flavors), Water, Whole Eggs, Streusel [Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid)], Sugar, Palm Oil, Natural Flavor, Corn Syrup, Fruit and Vegetable Color, (Apple, Blackcurrant, Radish), Sodium Citrate, Coating (Palm Oil), Invert Syrup, Soy Flour, Salt, Food Starch-Modified, Maltodextrin, Natural Flavors and Strawberry Juice Concentrate, Yeast, Natural Flavors, Soy Lecithin.
CONTAINS: Eggs, Milk, Soy, Wheat.

INGREDIENTS (Blueberry Liège Belgian Waffles): Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Butter (Sweet Cream, Natural Flavors), Water, Whole Eggs, Blueberry Nuggets (Sugar, Soybean Oil, Whole Grain Wheat Flour, Blueberry Powder, Citric Acid, Fruit Juice Extract [For Color], Natural Flavor, Cellulose Gum), Invert Syrup, Soy Flour, Salt, Natural Flavor, Yeast, Natural Flavors, Soy Lecithin.
CONTAINS: Eggs, Milk, Soy, Wheat.

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TEMP/TIME FROM THAWED: TEMP/TIME FROM FROZEN:	425°/ 3-4 mins 400°/ 4-6 mins	425°/ 1-2 mins 400°/ 1-3 mins	425°/ 3-4 mins 400°/ 4-6 mins	425°/ 3-4 mins 400°/ 4-6 mins
Please use oven temperatures & heating times as a guide. These will vary depending on your oven.				
NUTRITION FACTS*	Classic Liège Belgian Waffle	Dark Chocolate (Dipped) Liège Belgian Waffle	Strawberry Liège Belgian Waffle	Blueberry Liège Belgian Waffle
Serving size	1 waffle (85g)	1 waffle (100g)	1 waffle (85g)	1 waffle (85g)
Calories per serving	390	470	400	390
Total Fat	18g 23%	22g 28%	18g 23%	17g 22%
Saturated Fat	10g 50%	14g 70%	10g 50%	10g 50%
Trans Fat	0.5g	0.5g	0.5g	0.5g
Cholesterol	70mg 23%	70mg 23%	70mg 23%	70mg 23%
Sodium	300mg 13%	300mg 13%	280mg 12%	280mg 12%
Total Carbohydrates	51g 19%	60g 22%	52g 19%	53g 19%
Dietary Fiber	1g 4%	2g 7%	1g 4%	1g 4%
Total Sugars	24g	32g	25g	26g
Includes Added Sugars	23g 46%	31g 62%	24g 48%	25g 50%
Protein	6g	7g	6g	6g
Vitamin D	0mcg 0%	0mcg 0%	0mcg 0%	0mcg 0%
Calcium	0mg 0%	0mg 0%	0mg 0%	0mg 0%
Iron	1.8mg 10%	2.7mg 15%	1.8mg 10%	1.7mg 10%
Potassium	0mg 0%	110mg 2%	0mg 0%	0mg 0%
<small>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.</small>	<small>*K DAIRY</small>	<small>*K DAIRY</small>	<small>*K DAIRY</small>	<small>*K DAIRY</small>