

Chris' Kolaches- 5 per box



Cheese

Nutrition Facts	
1 servings per container	
Serving size	1 roll (3.8 oz.)
Amount per serving	
Calories	270
	% Daily Value*
Total Fat 14g	18%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 690mg	30%
Total Carbohydrate 26g	9%
Dietary Fiber 1g	4%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 59mg	4%
Iron 1mg	6%
Potassium 34mg	0%
*The % Daily Value 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.	

Jalapeño and Cheese

Nutrition Facts	
1 servings per container	
Serving size	1 roll (3.8 oz.)
Amount per serving	
Calories	280
	% Daily Value*
Total Fat 15g	19%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 660mg	29%
Total Carbohydrate 26g	9%
Dietary Fiber 1g	4%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 59mg	4%
Iron 1mg	6%
Potassium 34mg	0%
*The % Daily Value 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.	

Amish Pretzel Company

*A Modern Twist
on a Centuries Old Lifestyle*

AMISH SOFT PRETZELS

Small Batch

6

Hand-Rolled

3.5 oz Pretzels

Keep Frozen • Heat & Enjoy

NET WT 1.99 LBS

Nutrition Facts

6 servings per container

Serving size 1 Pretzel (99g)

Amount Per Serving

Calories **360**

% Daily Value*

Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 77g	28%
Dietary Fiber 2g	7%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 10g	20%

Not a significant source of vitamin D, calcium, iron, and potassium

*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.

Ingredients: Flour (bleached wheat flour, malted barley flour, potassium bromate), Water, Sugar, Vital Wheat Gluten, Salt, Yeast

Contains: Wheat

Produced in a facility that contains nut products.