

**Chris' Kolaches- 5 per box**



Cheese

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

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

**Allergen Notice:** Products with tree nuts and peanuts have been manufactured in the same facility, but they do not share equipment with the kolaches. Allergen testing is always performed after running any products with different allergens.

# 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.*

# Amish Pretzel Company

*A Modern Twist  
on a Centuries Old Lifestyle*

## PRETZEL BITES

Keep Frozen • Ready to Bake

**40-45**

Approximate Bites per box  
Measured by Weight

NET WT 2.0 LBS

## Nutrition Facts

5 servings per container

Serving size 8 Bites (113g)

Amount Per Serving

**Calories 410**

	% Daily Value*
<b>Total Fat</b> 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 125mg	5%
<b>Total Carbohydrate</b> 88g	32%
Dietary Fiber 3g	11%
Total Sugars 12g	
Includes 0g Added Sugars	0%
<b>Protein</b> 11g	22%

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.*