



Nutrition Fact Sheet

PRETZELS & MORE

Serving Size	Calories	Calories From Fat	Total Fat / % Daily Value	Saturated Fat / % Daily Value	Trans Fat	Cholesterol / % Daily Value	Sodium / % Daily Value	Total Carbohydrate / % Daily Value	Dietary Fiber / % Daily Value	Sugars	Protein	Vitamin A / % Daily Value	Vitamin C / % Daily Value	Calcium / % Daily Value	Iron / % Daily Value	
Almond Pretzel	1 (131g)	390	50	6g/9%	3.5g/18%	0g	10mg/3%	400mg/17%	74g/25%	2g/8%	17g	8g	2%	0%	2%	4%
Almond Pretzel no Butter	1 (127g)	350	20	2g/3%	1g/5%	0g	0mg/0%	400mg/17%	74g/25%	2g/8%	17g	8g	0%	0%	2%	4%
Cinnamon Sugar Party Pretzels	12 (882g)	2940	620	72g/111%	45g/225%	1.5g	165mg/55%	2460mg/102%	519g/173%	12g/48%	177g	49g	40%	0%	15%	25%
Cinnamon Sugar Pretzel	1 (147g)	470	100	12g/18%	7g/35%	0g	25mg/8%	400mg/17%	84g/28%	2g/8%	29g	8g	6%	0%	2%	4%
Cinnamon Sugar Pretzel no Butter	1 (136g)	380	10	1g/2%	0g/0%	0g	0mg/0%	400mg/17%	84g/28%	2g/8%	29g	8g	0%	0%	2%	4%
Cinnamon Sugar Stix	6 sticks (147g)	470	100	12g/18%	7g/35%	0g	25mg/8%	400mg/17%	84g/28%	2g/8%	29g	8g	6%	0%	2%	4%
Cinnamon Sugar Stix no Butter	6 sticks (136g)	380	10	1g/2%	0g/0%	0g	0mg/0%	400mg/17%	84g/28%	2g/8%	29g	8g	0%	0%	2%	4%
Garlic Pretzel	1 (123g)	350	45	5g/8%	3g/15%	0g	10mg/3%	990mg/41%	65g/22%	2g/8%	10g	8g	2%	0%	2%	4%
Garlic Pretzel no Butter	1 (119g)	310	10	1g/2%	0g/0%	0g	0mg/0%	990mg/41%	65g/22%	2g/8%	10g	8g	0%	0%	2%	4%
Garlic Pretzel no Butter no Salt	1 (118g)	310	10	1g/2%	0g/0%	0g	0mg/0%	400mg/17%	65g/22%	2g/8%	10g	8g	0%	0%	2%	4%
Garlic Pretzel no Salt	1 (122g)	350	45	5g/8%	3g/15%	0g	10mg/3%	400mg/17%	65g/22%	2g/8%	10g	8g	2%	0%	2%	4%
Jalapeño Pretzel	1 (124g)	330	45	5g/8%	3g/15%	0g	10mg/3%	1060mg/44%	63g/21%	2g/8%	9g	8g	2%	0%	2%	4%
Jalapeño Pretzel no Butter	1 (120g)	300	10	1g/2%	0g/0%	0g	0mg/0%	1060mg/44%	63g/21%	2g/8%	9g	8g	0%	0%	2%	4%
Jalapeño Pretzel no Butter no Salt	1 (118g)	300	10	1g/2%	0g/0%	0g	0mg/0%	480mg/20%	63g/21%	2g/8%	9g	8g	0%	0%	2%	4%
Jalapeño Pretzel no Salt	1 (122g)	330	45	5g/8%	3g/15%	0g	10mg/3%	480mg/20%	63g/21%	2g/8%	9g	8g	2%	0%	2%	4%
Jumbo Pretzel Dog	1 (212g)	610	260	29g/45%	13g/65%	1g*	65mg/22%	1150mg/48%	67g/22%	2g/8%	10g	19g	4%	0%	2%	10%
Jumbo Pretzel Dog no Butter	1 (208g)	580	230	25g/38%	10g/50%	1g*	55mg/18%	1150mg/48%	67g/22%	2g/8%	10g	19g	2%	0%	2%	10%
Original Party Pretzels	12 (738g)	2140	280	32g/49%	18g/90%	0.5g	65mg/22%	6150mg/256%	405g/135%	12g/48%	61g	49g	15%	0%	20%	25%
Original Pretzel	1 (123g)	340	45	5g/8%	3g/15%	0g	10mg/3%	990mg/41%	65g/22%	2g/8%	10g	8g	2%	0%	2%	4%
Original Pretzel no Butter	1 (119g)	310	10	1g/2%	0g/0%	0g	0mg/0%	990mg/41%	65g/22%	2g/8%	10g	8g	0%	0%	2%	4%
Original Pretzel no Butter no Salt	1 (117g)	310	10	1g/2%	0g/0%	0g	0mg/0%	400mg/17%	65g/22%	2g/8%	10g	8g	0%	0%	2%	4%
Original Pretzel no Salt	1 (121g)	340	45	5g/8%	3g/15%	0g	10mg/3%	400mg/17%	65g/22%	2g/8%	10g	8g	2%	0%	2%	4%
Original Stix	6 sticks (123g)	340	45	5g/8%	3g/15%	0g	10mg/3%	990mg/41%	65g/22%	2g/8%	10g	8g	2%	0%	2%	4%
Original Stix no Butter	6 sticks (119g)	310	10	1g/2%	0g/0%	0g	0mg/0%	990mg/41%	65g/22%	2g/8%	10g	8g	0%	0%	2%	4%
Pepperoni Pretzel	1(149g)	480	150	16g/25%	8g/40%	0g	40mg/13%	860mg/36%	65g/22%	2g/8%	10g	15g	2%	0%	10%	6%
Pepperoni Pretzel no butter	1(145g)	440	110	12g/18%	5g/25%	0g	30mg/10%	860mg/36%	65g/22%	2g/8%	10g	15g	2%	0%	10%	6%
Pretzel Dog	1 (119g)	360	180	20g/31%	9g/45%	.5g*	45mg/15%	740mg/31%	33g/11%	1g/4%	5g	11g	2%	0%	2%	6%
Pretzel Dog no Butter	1 (115g)	320	140	16g/25%	6g/30%	.5g*	35mg/12%	740mg/31%	33g/11%	1g/4%	5g	11g	2%	0%	2%	6%
Pretzel Pocket – Bacon, Egg & Cheese	1(214g)	580	210	23g/35%	10g/50%	0g	190mg/63%	790mg/33%	71g/24%	2g/8%	12g	23g	10%	0%	20%	15%
Pretzel Pocket – Bacon, Egg & Cheese no Butter	1(211g)	550	180	20g/31%	8g/40%	0g	180mg/60%	790mg/33%	71g/24%	2g/8%	12g	23g	8%	0%	20%	15%
Pretzel Pocket - Pepperoni & Mozzarella	1(204g)	650	240	27g/42%	12g/60%	0g	65mg/22%	1120mg/47%	75g/25%	2g/8%	11g	25g	10%	0%	30%	4%
Pretzel Pocket - Pepperoni & Mozzarella no butter	1(200g)	620	210	24g/37%	10g/50%	0g	55mg/18%	1120mg/47%	75g/25%	2g/8%	11g	25g	10%	0%	30%	4%
Pretzel Pocket – Turkey & Cheddar	1(205g)	470	90	10g/15%	5g/25%	0g	50mg/17%	1050mg/44%	73g/24%	2g/8%	14g	20g	4%	0%	10%	15%
Pretzel Pocket – Turkey & Cheddar no Butter	1(201g)	440	60	6g/9%	2.5g/13%	0g	40mg/13%	1050mg/44%	73g/24%	2g/8%	14g	20g	2%	0%	10%	15%
Raisin Pretzel	1 (127g)	360	45	5g/8%	3g/15%	0g	10mg/3%	390mg/16%	69g/23%	2g/8%	16g	8g	2%	0%	4%	6%
Raisin Pretzel no Butter	1 (123g)	330	10	1g/2%	0g/0%	0g	0mg/0%	390mg/16%	69g/23%	2g/8%	16g	8g	0%	0%	4%	6%
Sesame Pretzel	1 (132g)	400	90	10g/15%	3.5g/18%	0g	10mg/3%	990mg/41%	67g/22%	3g/12%	10g	10g	2%	0%	10%	10%
Sesame Pretzel no Butter	1 (128g)	360	50	6g/9%	1g/5%	0g	0mg/0%	990mg/41%	67g/22%	3g/12%	10g	10g	0%	0%	10%	10%
Sesame Pretzel no Butter no Salt	1 (127g)	360	50	6g/9%	1g/5%	0g	0mg/0%	400mg/17%	67g/22%	3g/12%	10g	10g	0%	0%	10%	10%
Sesame Pretzel no Salt	1 (131g)	400	90	10g/15%	3.5g/18%	0g	10mg/3%	400mg/17%	67g/22%	3g/12%	10g	10g	2%	0%	10%	10%
Sour Cream & Onion Pretzel	1 (127g)	360	45	5g/8%	3g/15%	0g	10mg/3%	1180mg/49%	68g/23%	2g/8%	12g	9g	2%	0%	6%	4%
Sour Cream & Onion Pretzel no Butter	1 (123g)	330	15	1.5g/2%	0g/0%	0g	0mg/0%	1180mg/49%	68g/23%	2g/8%	12g	9g	0%	0%	6%	4%
Sour Cream & Onion Pretzel no Butter no Salt	1 (122g)	330	15	1.5g/2%	0g/0%	0g	0mg/0%	590mg/25%	68g/23%	2g/8%	12g	9g	0%	0%	6%	4%
Sour Cream & Onion Pretzel no Salt	1 (126g)	360	45	5g/8%	3g/15%	0g	10mg/3%	590mg/25%	68g/23%	2g/8%	12g	9g	2%	0%	6%	4%

BEVERAGES

Serving Size	Calories	Calories From Fat	Total Fat / % Daily Value	Saturated Fat / % Daily Value	Trans Fat	Cholesterol / % Daily Value	Sodium / % Daily Value	Total Carbohydrate / % Daily Value	Dietary Fiber / % Daily Value	Sugars	Protein	Vitamin A / % Daily Value	Vitamin C / % Daily Value	Calcium / % Daily Value	Iron / % Daily Value	
Blue Raspberry Dutch Ice®	14 fl. oz. (374g)	170	0	0g/0%	0g/0%	0g	0mg/0%	45mg/2%	43g/14%	0g/0%	40g	0g	0%	0%	2%	0%
Blue Raspberry Dutch Ice®	20 fl. oz. (539g)	240	0	0g/0%	0g/0%	0g	0mg/0%	65mg/3%	62g/21%	0g/0%	58g	0g	0%	0%	2%	0%
Blue Raspberry Dutch Smoothie	14 fl. oz. (298g)	280	90	10g/15%	7g/35%	0g	40mg/13%	140mg/6%	45g/15%	0g/0%	42g	3g	10%	0%	10%	0%
Blue Raspberry Dutch Smoothie	20 fl. oz. (496g)	440	130	15g/23%	10g/50%	0g	55mg/18%	210mg/9%	72g/24%	0g/0%	68g	5g	15%	0%	15%	0%
Blue Raspberry ICEE®	16 fl. oz. (339g)	140	0	0g/0%	0g/0%	0g	0mg/0%	10mg/0%	37g/12%	0g/0%	37g	0g	0%	0%	0%	0%
Blue Raspberry ICEE®	21 fl. oz. (376g)	160	0	0g/0%	0g/0%	0g	0mg/0%	10mg/0%	41g/14%	0g/0%	41g	0g	0%	0%	0%	0%
Blue Raspberry ICEE®	32 fl. oz. (553g)	290	0	0g/0%	0g/0%	0g	0mg/0%	20mg/1%	76g/25%	0g/0%	76g	0g	0%	0%	0%	0%
Caramel Dutch Latte™	14 fl. oz. (405g)	370	150	17g/26%	11g/55%	0g	55mg/18%	170mg/7%	49g/16%	0g/0%	40g	4g	10%	0%	15%	0%
Caramel Dutch Latte™	20 fl. oz. (574g)	540	230	25g/38%	17g/85%	0g	90mg/30%	280mg/12%	70g/23%	0g/0%	59g	7g	20%	0%	25%	0%
Cherry Coke®	16 fl. oz. (355g)	150	0	0g/0%	0g/0%	0g	0mg/0%	5mg/0%	40g/13%	0g/0%	40g	0g	0%	0%	0%	0%
Cherry Coke®	21 fl. oz. (473g)	200	0	0g/0%	0g/0%	0g	0mg/0%	10mg/0%	53g/18%	0g/0%	53g	0g	0%	0%	0%	0%
Cherry Coke®	32 fl. oz. (680g)	280	0	0g/0%	0g/0%	0g	0mg/0%	10mg/0%	76g/25%	0g/0%	76g	0g	0%	0%	0%	0%
Cherry Coke®	42 fl. oz. (946g)	390	0	0g/0%	0g/0%	0g	0mg/0%	15mg/1%	106g/35%	0g/0%	106g	0g	0%	0%	0%	0%
Chocolate Dutch Shake	14 fl. oz. (288g)	570	240	27g/42%	18g/90%	0g	105mg/35%	390mg/16%	75g/25%	0g/0%	67g	10g	25%	0%	30%	0%
Chocolate Dutch Shake	20 fl. oz. (427g)	850	370	41g/63%	27g/135%	0g	155mg/52%	570mg/24%	109g/36%	0g/0%	99g	14g	35%	0%	45%	0%
Coca-Cola®	16 fl. oz. (355g)	140	0	0g/0%	0g/0%	0g	0mg/0%	15mg/1%	38g/13%	0g/0%	38g	0g	0%	0%	0%	0%
Coca-Cola®	21 fl. oz. (473g)	180	0	0g/0%	0g/0%	0g	0mg/0%	15mg/1%	51g/17%	0g/0%	51g	0g	0%	0%	0%	0%
Coca-Cola®	32 fl. oz. (680g)	270	0	0g/0%	0g/0%	0g	0mg/0%	25mg/1%	74g/25%	0g/0%	74g	0g	0%	0%	0%	0%
Coca-Cola®	42 fl. oz. (946g)	370	0	0g/0%	0g/0%	0g	0mg/0%	35mg/1%	103g/34%	0g/0%	103g	0g	0%	0%	0%	0%
Coca-Cola® Diet	16 fl. oz. (355g)	0	0	0g/0%	0g/0%	0g	0mg/0%	5mg/0%	0g/0%	0g/0%	0g	0g	0%	0%	0%	0%
Coca-Cola® Diet	21 fl. oz. (473g)	0	0	0g/0%	0g/0%	0g	0mg/0%	10mg/0%	0g/0%	0g/0%	0g	0g	0%	0%	0%	0%
Coca-Cola® Diet	32 fl. oz. (680g)	5	0	0g/0%	0g/0%	0g	0mg/0%	10mg/0%	0g/0%	0g/0%	0g	0g	0%	0%	0%	0%
Coca-Cola® Diet	42 fl. oz. (946g)	5	0	0g/0%	0g/0%	0g	0mg/0%	15mg/1%	0g/0%	0g/0%	0g	0g	0%	0%	0%	0%
Coca-Cola® ICEE®	16 oz. (339g)	140	0	0g/0%	0g/0%	0g	0mg/0%	15mg/1%	39g/13%	0g/0%	39g	0g	0%	0%	0%	0%
Coca-Cola® ICEE®	21 oz. (376g)	160	0	0g/0%	0g/0%	0g	0mg/0%	15mg/1%	43g/14%	0g/0%	43g	0g	0%	0%	0%	0%
Coca-Cola® ICEE®	32 fl. oz. (553g)	290	0	0g/0%	0g/0%	0g	0mg/0%	25mg/1%	80g/27%	0g/0%	80g	0g	0%	0%	0%	0%
Coffee	12 fl. oz. (295g)	5	0	0g/0%	0g/0%	0g	0mg/0%	0mg/0%	0g/0%	0g/0%	0g	0g	0%	0%	0%	0%
Coffee	16 fl. oz. (414g)	5	0	0g/0%	0g/0%	0g	0mg/0%	0mg/0%	0g/0%	0g/0%	0g	0g	0%	0%	0%	0%
Coffee Dutch Latte™	14 fl. oz. (391g)	290	120	14g/22%	9g/45%	0g	50mg/17%	180mg/8%	38g/13%	0g/0%	34g	5g	10%	0%	15%	0%
Coffee Dutch Latte™	20 fl. oz. (560g)	460	190	22g/34%	14g/70%	0g	80mg/27%	280mg/12%	59g/20%	0g/0%	54g	8g	20%	0%	25%	0%
Coffee Dutch Shake	14 fl. oz. (288g)	590	240	27g/42%	18g/90%	0g	105mg/35%	350mg/15%	76g/25%	0g/0%	71g	10g	25%	0%	35%	0%
Coffee Dutch Shake	20 fl. oz. (427g)	870	360	40g/62%	27g/135%	0g	155mg/52%	510mg/21%	111g/37%	0g/0%	103g	15g	35%	0%	50%	0%
Diet Lemonade	16 fl. oz. (355g)	10	0	0g/0%	0g/0%	0g	0mg/0%	0mg/0%	3g/1%	0g/0%	0g	0g	0%	20%	0%	0%
Diet Lemonade	21 fl. oz. (473g)	15	0	0g/0%	0g/0%	0g	0mg/0%	0mg/0%	4g/1%	1g/4%</						



Nutrition Fact Sheet

BEVERAGES (CONT'D)

Serving Size	Calories	Calories From Fat	Total Fat / % Daily Value	Saturated Fat / % Daily Value	Trans Fat	Cholesterol / % Daily Value	Sodium / % Daily Value	Total Carbohydrate / % Daily Value	Dietary Fiber / % Daily Value	Sugars	Protein	Vitamin A / % Daily Value	Vitamin C / % Daily Value	Calcium / % Daily Value	Iron / % Daily Value
Gold Peak® Un-Sweetened Black Tea	16 fl. oz. (355g)	0	0	0g/0%	0g/0%	0g	0mg/0%	15mg/1%	0g/0%	0g/0%	0g	0%	0%	0%	0%
Gold Peak® Un-Sweetened Black Tea	21 fl. oz. (473g)	0	0	0g/0%	0g/0%	0g	0mg/0%	20mg/1%	0g/0%	0g/0%	0g	0%	0%	0%	0%
Gold Peak® Un-Sweetened Black Tea	32 fl. oz. (680g)	0	0	0g/0%	0g/0%	0g	0mg/0%	25mg/1%	0g/0%	0g/0%	0g	0%	0%	0%	0%
Gold Peak® Un-Sweetened Black Tea	42 fl. oz. (946g)	0	0	0g/0%	0g/0%	0g	0mg/0%	35mg/1%	0g/0%	0g/0%	0g	0%	0%	0%	0%
Hi-C® Fruit Punch	16 fl. oz. (355g)	150	0	0g/0%	0g/0%	0g	0mg/0%	200mg/8%	39g/13%	0g/0%	39g	0%	220%	0%	0%
Hi-C® Fruit Punch	21 fl. oz. (473g)	200	0	0g/0%	0g/0%	0g	0mg/0%	270mg/11%	52g/17%	0g/0%	52g	0%	300%	0%	0%
Hi-C® Fruit Punch	32 fl. oz. (680g)	280	0	0g/0%	0g/0%	0g	0mg/0%	390mg/16%	75g/25%	0g/0%	75g	0%	430%	0%	0%
Hi-C® Fruit Punch	42 fl. oz. (946g)	390	0	0g/0%	0g/0%	0g	0mg/0%	540mg/23%	104g/35%	0g/0%	104g	0%	600%	0%	0%
Hot Tea	12 fl. oz. (295g)	5	0	0g/0%	0g/0%	0g	0mg/0%	10mg/0%	1g/0%	0g/0%	0g	0%	0%	0%	0%
Hot Tea	16 fl. oz. (414g)	5	0	0g/0%	0g/0%	0g	0mg/0%	10mg/0%	1g/0%	0g/0%	0g	0%	0%	0%	0%
Kiwi-Banana Dutch Ice®	14 fl. oz. (374g)	150	0	0g/0%	0g/0%	0g	0mg/0%	30mg/1%	37g/12%	0g/0%	33g	0%	4%	2%	0%
Kiwi-Banana Dutch Ice®	20 fl. oz. (539g)	220	0	0g/0%	0g/0%	0g	0mg/0%	45mg/2%	53g/18%	0g/0%	47g	0%	4%	2%	0%
Kiwi-Banana Dutch Smoothie	14 fl. oz. (298g)	270	90	10g/15%	7g/35%	0g	40mg/13%	130mg/5%	41g/14%	0g/0%	38g	3g	10%	2%	10%
Kiwi-Banana Dutch Smoothie	20 fl. oz. (496g)	420	130	15g/23%	10g/50%	0g	55mg/18%	190mg/8%	66g/22%	0g/0%	60g	5g	15%	2%	15%
Lemonade	16 fl. oz. (355g)	200	0	0g/0%	0g/0%	0g	0mg/0%	10mg/0%	50g/17%	0g/0%	47g	0%	15%	0%	0%
Lemonade	21 fl. oz. (473g)	260	0	0g/0%	0g/0%	0g	0mg/0%	15mg/1%	66g/22%	0g/0%	62g	0%	25%	2%	0%
Lemonade	32 fl. oz. (680g)	370	0	0g/0%	0g/0%	0g	0mg/0%	20mg/1%	95g/32%	0g/0%	89g	0%	35%	2%	0%
Lemonade	42 fl. oz. (946g)	520	0	0g/0%	0g/0%	0g	0mg/0%	30mg/1%	132g/44%	0g/0%	124g	0%	45%	2%	0%
Lemonade Dutch Ice®	14 fl. oz. (374g)	210	0	0g/0%	0g/0%	0g	0mg/0%	20mg/1%	53g/18%	0g/0%	49g	0%	20%	0%	0%
Lemonade Dutch Ice®	20 fl. oz. (539g)	300	0	0g/0%	0g/0%	0g	0mg/0%	30mg/1%	76g/25%	0g/0%	71g	0%	25%	2%	0%
Lemonade Dutch Smoothie	14 fl. oz. (298g)	300	90	10g/15%	7g/35%	0g	40mg/13%	120mg/5%	50g/17%	0g/0%	47g	3g	10%	10%	10%
Lemonade Dutch Smoothie	20 fl. oz. (496g)	470	130	15g/23%	10g/50%	0g	55mg/18%	170mg/7%	81g/27%	0g/0%	76g	5g	15%	15%	15%
Lemonade Mixer - Blue Raspberry	16 fl. oz. (378g)	240	0	0g/0%	0g/0%	0g	0mg/0%	20mg/1%	60g/20%	0g/0%	56g	0%	15%	0%	0%
Lemonade Mixer - Blue Raspberry	20 fl. oz. (479g)	310	0	0g/0%	0g/0%	0g	0mg/0%	25mg/1%	78g/26%	0g/0%	73g	0%	20%	2%	0%
Lemonade Mixer - Blue Raspberry	32 fl. oz. (725g)	450	0	0g/0%	0g/0%	0g	0mg/0%	35mg/1%	116g/39%	0g/0%	108g	0%	35%	2%	0%
Lemonade Mixer - Blue Raspberry	42 fl. oz. (1011g)	640	0	0g/0%	0g/0%	0g	0mg/0%	50mg/2%	162g/54%	0g/0%	152g	0%	45%	2%	0%
Lemonade Mixer - Kiwi Banana	16 fl. oz. (378g)	230	0	0g/0%	0g/0%	0g	0mg/0%	15mg/1%	58g/19%	0g/0%	55g	0%	20%	0%	0%
Lemonade Mixer - Kiwi Banana	20 fl. oz. (479g)	300	0	0g/0%	0g/0%	0g	0mg/0%	20mg/1%	76g/25%	0g/0%	70g	0%	25%	2%	0%
Lemonade Mixer - Kiwi Banana	32 fl. oz. (725g)	450	0	0g/0%	0g/0%	0g	0mg/0%	30mg/1%	112g/37%	0g/0%	105g	0%	35%	2%	0%
Lemonade Mixer - Kiwi Banana	42 fl. oz. (1011g)	620	0	0g/0%	0g/0%	0g	0mg/0%	40mg/2%	157g/52%	0g/0%	147g	0%	50%	2%	0%
Lemonade Mixer - Strawberry	16 fl. oz. (378g)	230	0	0g/0%	0g/0%	0g	0mg/0%	15mg/1%	59g/20%	0g/0%	56g	0%	20%	0%	0%
Lemonade Mixer - Strawberry	20 fl. oz. (479g)	300	0	0g/0%	0g/0%	0g	0mg/0%	20mg/1%	77g/26%	0g/0%	72g	0%	25%	2%	0%
Lemonade Mixer - Strawberry	32 fl. oz. (725g)	450	0	0g/0%	0g/0%	0g	0mg/0%	30mg/1%	114g/38%	0g/0%	107g	0%	35%	2%	0%
Lemonade Mixer - Strawberry	42 fl. oz. (1011g)	630	0	0g/0%	0g/0%	0g	0mg/0%	45mg/2%	160g/53%	0g/0%	150g	0%	50%	2%	0%
Lemonade Mixer - Watermelon	16 fl. oz. (378g)	240	0	0g/0%	0g/0%	0g	0mg/0%	15mg/1%	61g/20%	0g/0%	57g	0%	15%	0%	0%
Lemonade Mixer - Watermelon	20 fl. oz. (479g)	310	0	0g/0%	0g/0%	0g	0mg/0%	20mg/1%	79g/26%	0g/0%	74g	0%	20%	2%	0%
Lemonade Mixer - Watermelon	32 fl. oz. (725g)	460	0	0g/0%	0g/0%	0g	0mg/0%	30mg/1%	117g/39%	0g/0%	110g	0%	35%	2%	0%
Lemonade Mixer - Watermelon	42 fl. oz. (1011g)	650	0	0g/0%	0g/0%	0g	0mg/0%	40mg/2%	164g/55%	0g/0%	154g	0%	45%	2%	0%
Lemonade Mixer - Wild Cherry	16 fl. oz. (378g)	240	0	0g/0%	0g/0%	0g	0mg/0%	15mg/1%	61g/20%	0g/0%	57g	0%	15%	0%	0%
Lemonade Mixer - Wild Cherry	20 fl. oz. (479g)	320	0	0g/0%	0g/0%	0g	0mg/0%	20mg/1%	80g/27%	0g/0%	75g	0%	20%	2%	0%
Lemonade Mixer - Wild Cherry	32 fl. oz. (725g)	470	0	0g/0%	0g/0%	0g	0mg/0%	30mg/1%	118g/39%	0g/0%	110g	0%	35%	2%	0%
Lemonade Mixer - Wild Cherry	42 fl. oz. (1011g)	660	0	0g/0%	0g/0%	0g	0mg/0%	40mg/2%	165g/55%	0g/0%	155g	0%	45%	2%	0%
Mocha Dutch Ice®	14 fl. oz. (374g)	270	70	8g/12%	7g/35%	0g	0mg/0%	85mg/4%	50g/17%	1g/4%	37g	1g	0%	0%	10%
Mocha Dutch Ice®	20 fl. oz. (539g)	390	110	12g/18%	11g/55%	0g	0mg/0%	125mg/5%	73g/24%	2g/8%	53g	2g	0%	0%	15%
Mocha Dutch Latte®	14 fl. oz. (405g)	360	150	17g/26%	11g/45%	1g	55mg/18%	160mg/7%	47g/16%	0g/0%	38g	4g	10%	0%	15%
Mocha Dutch Latte®	20 fl. oz. (574g)	530	230	25g/38%	16g/80%	1g	85mg/28%	250mg/10%	68g/23%	0g/0%	57g	7g	20%	0%	25%
Mocha Dutch Smoothie	14 fl. oz. (298g)	340	130	15g/23%	11g/55%	0g	40mg/13%	160mg/7%	49g/16%	1g/4%	40g	4g	10%	0%	15%

BEVERAGES (CONT'D)

Serving Size	Calories	Calories From Fat	Total Fat / % Daily Value	Saturated Fat / % Daily Value	Trans Fat	Cholesterol / % Daily Value	Sodium / % Daily Value	Total Carbohydrate / % Daily Value	Dietary Fiber / % Daily Value	Sugars	Protein	Vitamin A / % Daily Value	Vitamin C / % Daily Value	Calcium / % Daily Value	Iron / % Daily Value
Mocha Dutch Smoothie	20 fl. oz. (496g)	540	200	22g/34%	17g/85%	0g	55mg/18%	250mg/10%	79g/26%	1g/4%	64g	6g	15%	0%	25%
Nestle® Iced Tea	16 fl. oz. (355g)	130	0	0g/0%	0g/0%	0g	0mg/0%	75mg/3%	32g/11%	0g/0%	32g	0g	0%	0%	2%
Nestle® Iced Tea	21 fl. oz. (473g)	170	0	0g/0%	0g/0%	0g	0mg/0%	100mg/4%	43g/14%	0g/0%	43g	0g	0%	0%	2%
Nestle® Iced Tea	32 fl. oz. (680g)	240	0	0g/0%	0g/0%	0g	0mg/0%	140mg/6%	62g/21%	0g/0%	62g	0g	0%	0%	2%
Nestle® Iced Tea	42 fl. oz. (946g)	340	0	0g/0%	0g/0%	0g	0mg/0%	200mg/8%	86g/29%	0g/0%	86g	0g	0%	0%	2%
Nestle® Raspberry Iced Tea	16 fl. oz. (355g)	150	0	0g/0%	0g/0%	0g	0mg/0%	5mg/0%	36g/12%	0g/0%	36g	0g	0%	0%	0%
Nestle® Raspberry Iced Tea	21 fl. oz. (473g)	200	0	0g/0%	0g/0%	0g	0mg/0%	10mg/0%	47g/16%	0g/0%	47g	0g	0%	0%	0%
Nestle® Raspberry Iced Tea	32 fl. oz. (680g)	290	0	0g/0%	0g/0%	0g	0mg/0%	15mg/1%	68g/23%	0g/0%	68g	0g	0%	0%	0%
Nestle® Raspberry Iced Tea	42 fl. oz. (946g)	400	0	0g/0%	0g/0%	0g	0mg/0%	20mg/1%	95g/32%	0g/0%	95g	0g	0%	0%	0%
Nestlé® Hot Cocoa	1 Packet (20g)	80	25	3g/5%	2g/10%	0g	0mg/0%	170mg/7%	15g/5%	1g/4%	12g	1g	0%	0%	2%
Orange Fanta®	16 fl. oz. (355g)	170	0	0g/0%	0g/0%	0g	0mg/0%	15mg/1%	45g/15%	0g/0%	45g	0g	0%	0%	0%
Orange Fanta®	21 fl. oz. (473g)	220	0	0g/0%	0g/0%	0g	0mg/0%	15mg/1%	60g/20%	0g/0%	60g	0g	0%	0%	0%
Orange Fanta®	32 fl. oz. (680g)	320	0	0g/0%	0g/0%	0g	0mg/0%	25mg/1%	87g/29%	0g/0%	87g	0g	0%	0%	0%
Orange Fanta®	42 fl. oz. (946g)	440	0	0g/0%	0g/0%	0g	0mg/0%	35mg/1%	120g/40%	0g/0%	120g	0g	0%	0%	0%
Piña Colada Dutch Ice®	14 fl. oz. (374g)	210	0	0g/0%	0g/0%	0g	0mg/0%	30mg/1%	51g/17%	0g/0%	48g	0g	0%	15%	2%
Piña Colada Dutch Ice®	20 fl. oz. (539g)	300	0	0g/0%	0g/0%	0g	0mg/0%	45mg/2%	73g/24%	0g/0%	69g	0g	0%	20%	2%
Piña Colada Dutch Smoothie	14 fl. oz. (298g)	300	90	10g/15%	7g/35%	0g	40mg/13%	130mg/5%	49g/16%	0g/0%	46g	3g	10%	8%	10%
Piña Colada Dutch Smoothie	20 fl. oz. (496g)	470	130	15g/23%	10g/50%	0g	55mg/18%	190mg/8%	79g/26%	0g/0%	75g	5g	15%	15%	20%
Poland Spring® Bottled Water	16.9 fl. oz. (501g)	0	0	0g/0%	0g/0%	0g	0mg/0%	5mg/0%	0g/0%	0g/0%	0g	0g	0%	0%	0%
Root Beer	16 fl. oz. (355g)	160	0	0g/0%	0g/0%	0g	0mg/0%	35mg/1%	42g/14%	0g/0%	42g	0g	0%	0%	0%
Root Beer	21 fl. oz. (473g)	210	0	0g/0%	0g/0%	0g	0mg/0%	45mg/2%	57g/19%	0g/0%	57g	0g	0%	0%	0%
Root Beer	32 fl. oz. (680g)	300	0	0g/0%	0g/0%	0g	0mg/0%	60mg/3%	81g/27%	0g/0%	81g	0g	0%	0%	0%
Root Beer	42 fl. oz. (946g)	420	0	0g/0%	0g/0%	0g	0mg/0%	95mg/4%	113g/38%	0g/0%	113g	0g	0%	0%	0%
Sprite®	16 fl. oz. (355g)	140	0	0g/0%	0g/0%	0g	0mg/0%	30mg/1%	36g/12%	0g/0%	32g	0g	0%	0%	2%
Sprite®	21 fl. oz. (473g)	190	0	0g/0%	0g/0%	0g	0mg/0%	45mg/2%	48g/16%	0g/0%	42g	0g	0%	0%	2%
Sprite®	32 fl. oz. (680g)	270	0	0g/0%	0g/0%	0g	0mg/0%	60mg/3%	69g/23%	0g/0%	61g	0g	0%	0%	2%
Sprite®	42 fl. oz. (946g)	380	0	0g/0%	0g/0%	0g	0mg/0%	85mg/4%	96g/32%	0g/0%	85g	0g	0%	0%	2%
Strawberry Dutch Ice®	14 fl. oz. (374g)	160	0	0g/0%	0g/0%	0g	0mg/0%	35mg/1%	40g/13%	0g/0%	37g	0g	0%	4%	2%
Strawberry Dutch Ice®	20 fl. oz. (539g)	230	0	0g/0%	0g/0%	0g	0mg/0%	50mg/2%	58g/19%	0g/0%	54g	0g	0%	6%	2%
Strawberry Dutch Shake	14 fl. oz. (288g)	600	240	27g/42%	18g/90%	0g	105mg/35%	300mg/13%	79g/26%	0g/0%	73g	9g	25%	0%	30%
Strawberry Dutch Shake	20 fl. oz. (427g)	880	360	40g/62%	27g/135%	0g	155mg/52%	450mg/19%	114g/38%	0g/0%	106g	14g	35%	0%	45%
Strawberry Dutch Smoothie	14 fl. oz. (298g)	280	90	10g/15%	7g/35%	0g	40mg/13%	135mg/6%	43g/14%	0g/0%	40g	3g	10%	2%	10%
Strawberry Dutch Smoothie	20 fl. oz. (496g)	430	130	15g/23%	10g/50%	0g	55mg/18%	200mg/8%	69g/23%	0g/0%	65g	5g	15%	4%	15%
Strawberry Lemonade	16 fl. oz. (355g)	210	0	0g/0%	0g/0%	0g	0mg/0%	15mg/1%	54g/18%	0g/0%	51g	0g	0%	15%	0%
Strawberry Lemonade	21 fl. oz. (473g)	290	0	0g/0%											



Nutrition Fact Sheet

BEVERAGES (CONT'D)

	Serving Size	Calories	Calories From Fat	Total Fat / % Daily Value	Saturated Fat / % Daily Value	Trans Fat	Cholesterol / % Daily Value	Sodium / % Daily Value	Total Carbohydrate / % Daily Value	Dietary Fiber / % Daily Value	Sugars	Protein	Vitamin A / % Daily Value	Vitamin C / % Daily Value	Calcium / % Daily Value	Iron / % Daily Value
Wild Cherry ICEE®	16 fl. oz. (339g)	140	0	0g/0%	0g/0%	0g	0mg/0%	10mg/0%	39g/13%	0g/0%	39g	0g	0%	0%	0%	0%
Wild Cherry ICEE®	21 fl. oz. (376g)	160	0	0g/0%	0g/0%	0g	0mg/0%	10mg/0%	43g/14%	0g/0%	43g	0g	0%	0%	0%	0%
Wild Cherry ICEE®	32 fl. oz. (553g)	290	0	0g/0%	0g/0%	0g	0mg/0%	20mg/1%	80g/27%	0g/0%	80g	0g	0%	0%	0%	0%

DIPPING SAUCES

	Serving Size	Calories	Calories From Fat	Total Fat / % Daily Value	Saturated Fat / % Daily Value	Trans Fat	Cholesterol / % Daily Value	Sodium / % Daily Value	Total Carbohydrate / % Daily Value	Dietary Fiber / % Daily Value	Sugars	Protein	Vitamin A / % Daily Value	Vitamin C / % Daily Value	Calcium / % Daily Value	Iron / % Daily Value
Cream Cheese	1.25 oz. (35g)	80	50	6g/9%	4.5g/23%	0g	20mg/7%	120mg/5%	1g/0%	0g/0%	0g	3g	6%	0%	2%	0%
Caramel Dip	1.5 oz. (40g)	130	25	3g/5%	1.5g/8%	0g	5mg/2%	95mg/4%	23g/8%	0g/0%	19g	1g	0%	0%	2%	0%
Cheese Sauce	1.1 oz. (31g)	90	60	7g/11%	3g/15%	0g	10mg/3%	470mg/20%	3g/1%	0g/0%	2g	3g	2%	0%	10%	0%
Heated Marinara Sauce	2 oz. (60g)	20	5	0.5g/1%	0g/0%	0g	0mg/0%	330mg/14%	5g/2%	2g/8%	4g	1g	10%	6%	2%	2%
Hot Salsa Cheese	1.1 oz. (31g)	90	60	7g/11%	3g/15%	0g	5mg/2%	450mg/19%	4g/1%	0g/0%	3g	2g	2%	0%	8%	0%
Marinara Sauce	2 oz. (57g)	45	10	1g/2%	0g/0%	0g	0mg/0%	240mg/10%	7g/2%	2g/8%	4g	1g	6%	30%	2%	4%
Melted Cheese Dip	2 oz. (60g)	80	50	6g/9%	1g/5%	2g	0mg/0%	580mg/24%	7g/2%	0g/0%	2g	1g	0%	0%	6%	0%
Sweet Dip	1.4 oz. (40g)	130	0	0g/0%	0g/0%	0g	0mg/0%	0mg/0%	32g/11%	0g/0%	32g	0g	0%	0%	0%	0%
Sweet Mustard	1.25 oz. (35g)	60	20	2g/3%	1g/5%	0g	35mg/12%	0mg/0%	10g/3%	0g/0%	9g	2g	0%	0%	0%	0%

King County, WA Residents: The Dietary Guidelines for Americans recommend limiting saturated fat to 20 grams and sodium to 2,300 milligrams for a typical adult eating 2,000 calories daily. Recommended limits may be higher or lower depending upon daily calorie consumption.

CA Residents: Recommended limits for a 2,000 calorie daily diet are 20 grams of saturated fat and 2,300 milligrams of sodium.

Please be advised that our products contain known food allergens. We strongly recommend that anyone with an allergic condition to nuts or other food allergens NOT consume our products. Products may contain allergens as an ingredient, or they may contain allergens as they share common equipment at the store level and/or at the manufacturing plants. For specific allergen-related questions related to Auntie Anne's products please contact Customer Service Relations at 1-877-PRTZ LUV (778-9588) or e-mail us at nutrition@auntieannesinc.com.

AUNTIE ANNE'S, GLAZIN' RAISIN, DUTCH ICE, DUTCH LATTÉ, DUTCH SHAKE and DUTCH SMOOTHIE are trademarks of Auntie Anne's, Inc.
 Coca-Cola, Diet Coca-Cola, Sprite, Fanta, Cherry Coke, Gold Peak, Hi-C are registered trademarks of The Coca-Cola Company.
 Dr. Pepper is a registered trademark of Dr. Pepper/Seven-Up, Inc.
 Nestea is a registered trademark of Societe des Produits Nestlé S.A.
 Poland Spring is a registered trademark of Nestlé Waters north America, Inc.
 ICEE is a registered trademark of ICEE.

* Naturally occurring trans fat.

www.auntieannes.com

Rev. 11-9-2009