

pretzel sticks nutrition facts

pretzel sticks nutrition facts offer valuable insights into the nutritional composition of this popular snack. Understanding these facts is essential for individuals who aim to maintain a balanced diet while enjoying pretzel sticks. This article will explore the macronutrient profile, micronutrient content, and overall health impact of pretzel sticks. Additionally, it will address common variations such as salted, unsalted, and flavored pretzel sticks, highlighting their nutritional differences. The role of pretzel sticks in weight management, their glycemic index, and potential allergens will also be discussed. By examining these aspects, readers will gain a comprehensive understanding of how pretzel sticks fit into a healthy eating plan.

- **Macronutrient Composition of Pretzel Sticks**
- **Micronutrients and Vitamins in Pretzel Sticks**
- **Health Benefits and Drawbacks**
- **Variations in Pretzel Sticks Nutrition**
- **Pretzel Sticks in Weight Management**
- **Allergens and Dietary Considerations**

Macronutrient Composition of Pretzel Sticks

The macronutrient content of pretzel sticks primarily consists of carbohydrates, with moderate amounts of protein and minimal fat. This composition influences the energy value and satiation potential of the snack. Typically, a standard serving size of pretzel sticks (about 30 grams) provides a quick source of energy due to its high carbohydrate content.

Carbohydrates

Carbohydrates form the bulk of pretzel sticks nutrition facts. They are mainly derived from refined wheat flour, which contributes to a high glycemic index. This means pretzel sticks can cause a rapid increase in blood sugar levels after consumption. The carbohydrate content usually ranges from 20 to 25 grams per serving, with very little dietary fiber.

Protein

Pretzel sticks contain a modest amount of protein, generally around 2 to 3 grams per serving. This protein comes from the wheat flour and any added ingredients. Although pretzel sticks are not a significant source of protein, the protein present can contribute to muscle maintenance and repair when included as part of a balanced diet.

Fat Content

The fat content in pretzel sticks is typically low, often less than 1 gram per serving. Most commercially available pretzel sticks are baked rather than fried, resulting in minimal fat content. However, flavored or coated pretzel sticks may contain higher fat levels due to added oils or seasonings.

Micronutrients and Vitamins in Pretzel Sticks

While pretzel sticks are not particularly rich in vitamins and minerals, they do provide certain micronutrients that contribute to daily nutritional requirements. The levels of these nutrients can vary depending on the brand and any fortification applied during manufacturing.

Sodium Content

Sodium is one of the most significant micronutrients in pretzel sticks, especially in salted varieties. The sodium content can range from 250 to 500 milligrams per serving, which is a considerable amount relative to the recommended daily limit of 2,300 milligrams. Excessive sodium intake is linked to increased blood pressure and cardiovascular risk, making it important to monitor consumption.

Iron and Other Minerals

Pretzel sticks may provide small amounts of iron, which is essential for oxygen transport and energy metabolism. Other minerals such as calcium and magnesium are usually present in trace amounts. Some manufacturers enrich pretzel sticks with iron and B vitamins to enhance their nutritional profile.

Vitamins

The vitamin content in pretzel sticks is generally low. They may contain minimal amounts of B vitamins like niacin, thiamin, and riboflavin due to the wheat flour base. However, pretzel sticks should not be relied upon as a significant source of vitamins.

Health Benefits and Drawbacks

Evaluating the health impact of pretzel sticks requires balancing their nutritional benefits against potential drawbacks. They can be a convenient, low-fat snack option but also present concerns related to sodium and refined carbohydrates.

Benefits

- Low in fat, especially when baked rather than fried
- Convenient and portion-controlled snack option
- Provides quick energy from carbohydrates
- Can be paired with nutrient-rich dips to enhance overall nutrition

Drawbacks

- High sodium content in salted varieties
- Low fiber content due to refined flour
- High glycemic index, which may affect blood sugar regulation
- Limited protein and micronutrient density

Variations in Pretzel Sticks Nutrition

The nutritional profile of pretzel sticks can vary significantly depending on the type and preparation methods. Understanding these differences helps consumers make informed choices based on their dietary needs.

Salted vs. Unsalted Pretzel Sticks

Salted pretzel sticks contain added sodium for flavor, which substantially increases their sodium content compared to unsalted versions. Unsalted pretzel sticks typically have less than 100 milligrams of sodium per serving, making them a better option for those monitoring salt intake.

Flavored and Coated Pretzel Sticks

Flavored pretzel sticks, such as those coated with cheese, yogurt, or chocolate, usually have higher calories, fat, and sugar content. These variations can alter the basic nutrition facts by increasing fat and sugar levels, which may affect overall health outcomes.

Whole Grain Pretzel Sticks

Whole grain pretzel sticks offer more dietary fiber and micronutrients than those made with refined flour. They can improve digestive health and provide a more sustained energy release, making them a healthier alternative.

Pretzel Sticks in Weight Management

Pretzel sticks can fit into a weight management plan when consumed in moderation due to their controlled portion sizes and low fat content. However, their high carbohydrate content and low fiber may limit their effectiveness in promoting satiety.

Caloric Content

A standard serving of pretzel sticks contains approximately 110 to 120 calories. This energy contribution is moderate and can be included in daily caloric intake without significantly impacting weight management efforts.

Satiety and Glycemic Impact

Due to low fiber and protein, pretzel sticks may not provide long-lasting fullness. Their high glycemic index can cause blood sugar spikes that may lead to increased hunger shortly after consumption. Combining pretzel sticks with protein or fiber-rich foods can help enhance satiety.

Allergens and Dietary Considerations

Pretzel sticks nutrition facts also involve awareness of potential allergens and suitability for various dietary restrictions. Most pretzel sticks contain gluten, making them unsuitable for individuals with celiac disease or gluten sensitivity.

Gluten Content

Traditional pretzel sticks are made from wheat flour, which contains gluten. Those requiring gluten-free options should seek pretzel sticks specifically labeled gluten-free, which are made from alternative flours like rice or corn.

Other Allergens

Some flavored or coated pretzel sticks may contain dairy, soy, or nuts as ingredients or through cross-contamination. Reading product labels carefully is essential for individuals with allergies.

Vegan and Vegetarian Suitability

Most plain pretzel sticks are vegan and vegetarian-friendly, as they usually consist of flour, water, salt, and yeast. However, flavored varieties should be checked for animal-derived ingredients.

Frequently Asked Questions

What are the typical calories in a serving of pretzel sticks?

A typical serving of pretzel sticks (about 28 grams or 1 ounce) contains approximately 110 to 120 calories.

How much protein do pretzel sticks contain per serving?

Pretzel sticks usually provide around 2 to 3 grams of protein per serving.

Are pretzel sticks high in carbohydrates?

Yes, pretzel sticks are high in carbohydrates, with about 22 to 24 grams per serving, mainly from refined flour.

Do pretzel sticks contain a significant amount of fat?

Pretzel sticks are generally low in fat, containing about 1 gram or less per serving.

What is the sodium content in pretzel sticks?

Pretzel sticks can be high in sodium, often containing around 300 to 400 milligrams per serving, which is about 13-17% of the daily recommended intake.

Are pretzel sticks a good source of fiber?

Pretzel sticks are low in dietary fiber, typically providing less than 1 gram per serving.

Do pretzel sticks contain any vitamins or minerals?

Pretzel sticks contain small amounts of minerals like iron and some B vitamins, but they are not a significant source of vitamins or minerals.

Are pretzel sticks suitable for a low-fat diet?

Yes, pretzel sticks are suitable for a low-fat diet since they are low in fat, but their high sodium and carbohydrate content should be considered.

Additional Resources

1. The Nutritional Breakdown of Pretzel Sticks

This book offers a comprehensive analysis of the nutritional components found in pretzel sticks. It explores calorie content, macronutrients, vitamins, and minerals, providing readers with detailed information to make informed snacking choices. Ideal for health-conscious individuals who enjoy pretzels as a treat.

2. Pretzel Sticks and Healthy Snacking

Focusing on how pretzel sticks fit into a balanced diet, this guide discusses portion control, healthier alternatives, and complementary foods. It includes tips for incorporating pretzels into snacks without compromising nutrition. Perfect for those seeking tasty yet nutritious snack options.

3. The Science Behind Pretzel Stick Nutrition

Delve into the biochemical and nutritional science governing pretzel sticks in this detailed book. It covers ingredient sourcing, processing effects on nutrition, and how different types of pretzels compare. A must-read for nutritionists and food science enthusiasts.

4. Pretzel Sticks: Calories, Carbs, and More

This title breaks down the caloric and carbohydrate content of various pretzel stick brands and recipes. It also examines sugar, fiber, and fat content to help readers understand what they're consuming. An essential resource for those monitoring their macros.

5. Guilt-Free Pretzels: Nutrition Facts and Recipes

Combining nutrition facts with healthy pretzel stick recipes, this book guides readers on making low-calorie, nutrient-rich pretzel snacks at home. It promotes mindful snacking without sacrificing flavor. Suitable for home cooks and health enthusiasts alike.

6. Understanding Pretzel Stick Ingredients and Nutrition

This book takes a close look at the common ingredients found in pretzel sticks and their nutritional implications. It explains additives, preservatives, and their effects on health. Great for consumers wanting to decode food labels and make smarter choices.

7. Pretzel Sticks in a Balanced Diet

Explore how pretzel sticks can be part of a balanced diet without negatively impacting health. The book offers meal planning advice, portion suggestions, and pairing ideas to optimize nutrition. Useful for dietitians and anyone aiming for dietary balance.

8. Low-Sodium Pretzel Sticks: Nutrition and Benefits

Focusing on low-sodium pretzel options, this book highlights the importance of sodium reduction and its impact on health. It compares traditional and low-sodium varieties, helping readers select better options for heart health. Ideal for individuals managing blood pressure.

9. The Role of Pretzel Sticks in Weight Management

This book examines how pretzel sticks can be incorporated into weight management plans. It discusses calorie control, satiety, and snack timing to support weight loss or maintenance goals. A practical guide for those looking to enjoy snacks responsibly.

Pretzel Sticks Nutrition Facts

Find other PDF articles:

<https://www-01.massdevelopment.com/archive-library-308/pdf?ID=qbs17-1179&title=freeze-pop-nutrition-facts.pdf>

pretzel sticks nutrition facts: New Dieter's Cookbook Diane Quagliani, 2003 New Better Homes and Gardens kitchen-tested recipes make losing weight a delicious experience.

pretzel sticks nutrition facts: The Ultimate Low-Calorie Book Better Homes and Gardens, 2012-04-02 You'll never run out of healthy, nutritious family meals with this extensive collection of low-calorie recipes New in the Ultimate series, The Ultimate Low-Calorie Meals Book offers hundreds of recipes and ideas that make eating healthy and watching your weight easy and delicious. These recipes are ideal for light and nutritious everyday meals that form the basis of a healthy lifestyle. Filled with dishes the entire family will love, recipes are clearly marked with icons that let you quickly identify recipes that are ready in 30 minutes or less, high in fiber, and low in sodium. Packed with more than 400 delicious and nutritious low-calorie meals and hundreds of beautiful photos, The Ultimate Low-Calorie Meals Book is a great resource at a great price. Features

more than 400 flavorful calorie- and fat-conscious recipes, including main dishes, snacks, sandwiches, pizza, desserts, restaurant favorites, and make-ahead meals Includes more than 300 gorgeous full-color photographs that make every page inspiring and easy to follow Special Healthy Eating Basics chapter Special features include substitution charts that help make every meal more calorie-conscious, up-to-date diet and nutrition advice, and much more Whether you're trying to adopt new, low-calorie eating habits or looking for new recipes to help you maintain your already-healthy lifestyle, this is the ultimate guide to tasty, healthy eating.

pretzel sticks nutrition facts: *Taste of Home Comfort Food Diet Cookbook* Taste Of Home, 2009-12-31 Taste of Home Comfort Food Diet Cookbook presents a common-sense approach to healthy living and dieting by focusing on what people can eat, not what they have to give up. With the help of provided calorie counts, readers can plan their day and feel confident knowing they're within the desired calorie range for weight loss. All recipes come from real home cooks and combine realistic portions with exceptional taste-and all have been approved by the nutritionist on the Taste of Home staff. In addition to hundreds of satisfying recipes, this book contains: -A four-week meal plan that covers breakfast, lunch, dinner, desserts, snacks, and beverages -Nutrition facts and calories, including diabetic exchanges -Notes on exercise and portion control -A code to access a special gated website, which contains additional meal plans, healthy tips, and online community support -Testimonials and photos from actual dieters -A free year subscription to Taste of Home Healthy Cooking magazine -Tips on dining out Readers will also find a number of free foods with low calories for guilt-free snacking and a clip-and-keep calorie guide they can remove from the book to carry on the go for use in restaurants. Put the Taste of Home Comfort Food Diet Cookbook's meals on your menu, and you'll be putting the pleasure back in healthy eating.

pretzel sticks nutrition facts: **Smart Cookie** Christi Johnstone, 2014-09-02 It's fun to bake, but it's really fun to decorate! Everyone knows the best part about making cookies is the decorating! Smart Cookie includes 50 simple and fun cookie creations made entirely from easy-to-find store-bought ingredients -- no baking required! Projects include rainbows, monster pops, balloons, robots, ladybugs, and much more, with lots of ideas for tips, techniques, packaging, and displays. From birthdays to graduations and baby showers to Christmas, there is a cookie in this book for any and all occasions. If you love to decorate cookies, are looking for imaginative ways to celebrate holidays and special moments, this book is for you!

pretzel sticks nutrition facts: **Taste of Home: Comfort Food Diet Cookbook: New Quick & Easy Favorites** Taste Of Home, 2011-12-22 Based on the success of the best-selling Comfort Food Diet Cookbook and the Comfort Food Diet Family Classics Collection, Taste of Home is excited to bring you the brand-new time-saving edition, The Comfort Food Diet, New Quick and Easy Favorites! Inside you'll find 380 mouthwatering recipes that will satisfy your cravings in a healthy way. You can indulge in hearty casseroles, creamy pastas, crunchy snacks --even rich tasting desserts--and still lose weight! And you can cut back on the time you spend in the kitchen, since more than a third of the recipes are quick and easy to prepare. The diet is simple. Inside you'll discover a 6-week meal plan that counts up the calories for you. Each day you'll find breakfast, lunch, and dinner menus that keep your weight-loss goals in focus. The plan even includes snacks and desserts. Each recipe features prep and cook times so you can make dishes that fit your family's schedule. The slow-cooker and 20-minute or less prep chapters will save you time in the kitchen while the 8-ingredients or less chapter will save you time at the store. Also included are motivational "before and after" weight loss stories and tips from followers of the diet on how they get the most from the program, their weight-loss strategies and advice.

pretzel sticks nutrition facts: **The Cosmo Bikini Diet** Holly Corbett, The editors of Cosmopolitan,, 2013-12-31 The Cosmo Bikini Diet is a weight-loss plan designed to get you slim and sexy all over without leaving you feeling unsatisfied, moody, and hungry-for real. In fact, it makes eating well and working out actually feel, well, enjoyable. This 12-week program gives you all the tools you need to drop pounds and get toned without cramping your lifestyle: Monthly real-world eating plans; Hot & Healthy workouts that you can fit into even the busiest of schedules; ideas to up

the feel-good moments in your day so you don't use food as a quick fix; and more. You'll lose up to 15 pounds (or more) in 12 weeks without feeling deprived. The meal plans were specially designed by Molly Morgan, RD., Board Certified Sports Specialist Dietitian, the owner of Creative Nutrition Solutions, and author of *The Skinny Rules*, and includes dozens of easy recipes. Each week the reader learns a new get-skinny secret like how to: fuel up on the right carbs, slash sneaky sources of sugar, choose foods that will flatten your tummy! Then customized fitness plan from celebrity trainer Tracy Anderson and Barry's Bootcamp offers a mix of cardio and body sculpting moves to tone your butt, arms, belly, and more! The truth is that reaching your happy weight is not so much about hitting a number on the scale or size tag in your jeans, but about feeling light and lean and strong. It's about getting there without abusing your body with extreme dieting and exercise. It's about eventually walking around-whether in a bikini or not!-with confidence, knowing that you are the healthiest you that you can be.

pretzel sticks nutrition facts: History of Modern Soy Protein Ingredients - Isolates, Concentrates, and Textured Soy Protein Products (1911-2016) William Shurtleff; Akiko Aoyagi, 2016-01-17 The world's most comprehensive, well documented, and well illustrated book on this subject. With extensive subject and geographical index. 405 photographs and illustrations - mostly color. Free of charge in digital PDF format on Google Books.

pretzel sticks nutrition facts: Complete Air Fryer Cooking Elizabeth Nelson, 2019-07-23 If you DON'T want to GIVE UP the DEEP-FRIED FLAVOR, but you want to QUIT CALORIES, this is the BEST GUIDE for you to LEARN COOKING with the AIR FRYER. Make your COOKING experience EASY & PLEASANT with SIMPLE & EASY everyday AIR FRIED DISHES from BREAKFAST TO DESSERTS! AIR FRYER combines EFFICIENCY with SAFETY & is a BETTER, CONVENIENT, ECONOMICAL and HEALTHIER option for PREPARING your FOOD. If YOU are LOOKING for a proper GUIDANCE for kind of FOOD, which YOU can COOK in AIR FRYER, you should have this eBook. This COMPLETE AIR FRYER COOKING Cookbook offers a VARIETY of AIR FRYER RECIPES. By following it, you can PREPARE FRIED, BAKED, ROASTED, and GRILLED MEALS easily. Whether you're looking to LOOSE WEIGHT, lead a HEALTHIER LIFE or just cut down your TIME of COOKING, this COMPLETE AIR FRYER COOKING eBook will TEACH you to cook HEALTHY, EASY MEALS with absolutely ZERO HASSLE. COMPLETE AIR FRYER COOKING eBook is INFORMATIVE, but SIMPLE at the same time. Not only will YOU FIND the best AIR FRYER RECIPES, but also you'll KNOW your AIR FRYER in and out. You'll find SPECIAL TIPS and TRICKS, also, there is a FAQ section where you can FIND all the ANSWERS you NEEDED.

pretzel sticks nutrition facts: New Cook Book Jennifer Darling, 2004-03 Includes two bonus chapters of recipes, menus, party and decorating ideas, and shortcut treats Bonus Chapter No. 1: Holiday Menus Menus for Thanksgiving to Christmas and the Super Bowl including holiday brunches, appetizer parties, dessert parties, and simple dinners for busy families Additional recipes new to this edition Make-ahead information and time tables for all menus so more time is spent with guests, not in the kitchen Fun and simple tabletop decorating ideas to dress up holiday tables Tips to make holidays easier and more fun Bonus Chapter No. 2: Shortcut Treats Simple cookies and candies (using a mix or just a few ingredients stirred together) Food gifts that include easy packaging ideas How to organize a cookie exchange Simple decorating ideas to dress up packaged cookies

pretzel sticks nutrition facts: The Ultimate Appetizers Book Better Homes and Gardens, 2012-04-11 With The Ultimate Appetizer Book, you'll find the perfect morsels and drinks in one incredible compendium! No matter what your party style is-casual, dressy, or just plain fun-nothing says party like tasty appetizers! The third book in the Ultimate series, following The Ultimate Cookie Book and The Ultimate Slow Cooker Book, this unique recipe collection features more than 450 recipes for everything from super quick dips and snack mixes to elegant pastries and bite-size sweets-all guaranteed to entice any crowd. More than just a collection of recipes, this book is packed with hundreds of inspiring full-color photos and provides all the tools you need to throw a fabulous bash, including helpful hints in on creative presentation ideas, themed party menus using the

recipes in the book, lists of versatile ingredients to keep in the pantry, and make-ahead directions to make planning a breeze. More than 450 party foods and drinks range from classics and basics, to fun, creative delights Recipes include prep times and make-ahead directions to help with planning, inventive ideas on flavor variations, and nutritional analysis With over 300 full-color photographs throughout and a bold, colorful design, this is the ultimate appetizer recipe collection, as beautiful as it is practical, and in an affordable, value package

pretzel sticks nutrition facts: *The Ultimate Diabetes Cookbook* Diabetic Living Editors, 2013 A beautiful and comprehensive collection of diabetes-friendly recipes.

pretzel sticks nutrition facts: Healthy Living Kitchen-A Recipe For Life Janet Seiber, RD, LDN, CDE, Jane Kelly, RN, BSN, CWPC, Mark McKinney, Senior Executive Chef, 2014-02-19 A Recipe for Life is a collection of recipes and healthy lifestyle tips from the first 5 years of the Healthy Living Kitchen program and is designed to be a guidebook for healthy living. Whether you have had a diagnosis of heart disease, diabetes, or celiac disease, or you are interested in improving your health, this book provides a step-by-step guide to making healthier lifestyle choices. A Recipe for Life offers tips for grocery shopping, selected diet plans, meal planning, cooking tips, recipe modification, and recipes for all occasions. Class participants have evaluated the recipes and found them to be simple, delicious and nutritious. We hope this cookbook is one that you will enjoy using in your kitchen and will bring out the inner chef in you!

pretzel sticks nutrition facts: *The New Family Cookbook for People with Diabetes* American Diabetes Association, The American Dietetic Association, 2007-11-20 A collection of more than 375 recipes tailored to provide meals that fit the nutritional needs of diabetic people includes a full nutritional analysis for each recipe.

pretzel sticks nutrition facts: *New Cook Book* Better Homes and Gardens, Tricia Laning, 2005 Presents the seventy-fifth anniversary edition of the famous cookbook and contains a collection of full-color photographs and detailed instructions to a number of recipes.

pretzel sticks nutrition facts: *Better Homes and Gardens Annual Recipes 1998* BH&G Editors, 1998

pretzel sticks nutrition facts: Convenience Store News , 2002-07

pretzel sticks nutrition facts: Better Homes and Gardens New Junior CookBook Jan Miller, 2004-10-18 Includes recipes with detailed instructions for making breakfasts, snacks, sandwiches, main dishes, and desserts.

pretzel sticks nutrition facts: *All Time Favourites* Better Homes and Gardens Editors, 1999 70 years of best-loved recipes from America's best-selling cookbook.

pretzel sticks nutrition facts: *Sweet Kids* Betty Page Brackenridge, Richard R. Rubin, 2002-05-21 In Sweet Kids, you get all of the practical, reassuring advice you need to care for children with diabetes. This new edition includes information on the latest medications and recommendations from the recently completed Diabetes Prevention Program.

pretzel sticks nutrition facts: *Eat & Stay Slim* Better Homes and Gardens, 1997 -- More than 108 low-calorie, low-fat recipes.-- Nutrition facts and exchange information.-- One week's worth of menus, plus special-occasion menus.

Related to pretzel sticks nutrition facts

Calories in Pretzel Sticks - Nutritionix Calories, fat, protein, and carbohydrate values for for Pretzel Sticks and other related foods

Pretzel sticks nutrition facts and analysis. Pretzel sticks contains 110 calories per 28 g serving. This serving contains 1.5 g of fat, 3 g of protein and 22 g of carbohydrate. The latter is 0 g sugar and 1 g of dietary fiber, the rest is

Pretzel sticks Calories, Nutrients, Macros Breakdown & benefits Get the full nutritional breakdown of Pretzel sticks, including calories, proteins, fats, carbs, vitamins & minerals with Health benefits. Perfect for meal planning and healthy living

Old Dutch Pretzel Sticks Nutrition Facts - Eat This Much The amount of calories, carbs, fat,

and protein values for Old Dutch Pretzel Sticks

Calories in Pretzel Sticks - ReciPal Nutrition facts label and information for Pretzel Sticks - Per 100 grams: 400.0 calories, 3.333g fat, 80.0g carbohydrate, 10.0g protein

Nutrition Facts for Pretzels, inc. - PRETZEL STICKS - myfooddata Nutrition Facts for Pretzels, inc. - PRETZEL STICKS - View calories, protein, carbs, fats, vitamins, minerals, and more

Calories in Rold Gold Pretzel Sticks and Nutrition Facts Calorie breakdown: 0% fat, 88% carbs, 12% protein. There are 110 calories in 53 pretzels (28 g) of Rold Gold Pretzel Sticks. Get full nutrition facts for other Rold Gold products

Pretzel Sticks Nutrition Facts • MyFoodDiary® Nutrition information for Pretzel Sticks. Track calories, carbs, fat, and 18 other key nutrients. Start your food diary today!

Calories in 1 Oz Pretzel Sticks - Nutritionix Calories, fat, protein, and carbohydrate values for for 1 Oz Pretzel Sticks and other related foods

Calories in Pretzels, Classic, Sticks from Utz - Nutritionix INGREDIENTS: Wheat Flour, Salt, Vegetable Oil (Contains One or More of the Following: Corn Oil, Sunflower Oil, Canola Oil and/or Soybean Oil), Malt Syrup (Adds a Trivial

Calories in Pretzel Sticks - Nutritionix Calories, fat, protein, and carbohydrate values for for Pretzel Sticks and other related foods

Pretzel sticks nutrition facts and analysis. Pretzel sticks contains 110 calories per 28 g serving. This serving contains 1.5 g of fat, 3 g of protein and 22 g of carbohydrate. The latter is 0 g sugar and 1 g of dietary fiber, the rest is

Pretzel sticks Calories, Nutrients, Macros Breakdown & benefits Get the full nutritional breakdown of Pretzel sticks, including calories, proteins, fats, carbs, vitamins & minerals with Health benefits. Perfect for meal planning and healthy living

Old Dutch Pretzel Sticks Nutrition Facts - Eat This Much The amount of calories, carbs, fat, and protein values for Old Dutch Pretzel Sticks

Calories in Pretzel Sticks - ReciPal Nutrition facts label and information for Pretzel Sticks - Per 100 grams: 400.0 calories, 3.333g fat, 80.0g carbohydrate, 10.0g protein

Nutrition Facts for Pretzels, inc. - PRETZEL STICKS - myfooddata Nutrition Facts for Pretzels, inc. - PRETZEL STICKS - View calories, protein, carbs, fats, vitamins, minerals, and more

Calories in Rold Gold Pretzel Sticks and Nutrition Facts Calorie breakdown: 0% fat, 88% carbs, 12% protein. There are 110 calories in 53 pretzels (28 g) of Rold Gold Pretzel Sticks. Get full nutrition facts for other Rold Gold products

Pretzel Sticks Nutrition Facts • MyFoodDiary® Nutrition information for Pretzel Sticks. Track calories, carbs, fat, and 18 other key nutrients. Start your food diary today!

Calories in 1 Oz Pretzel Sticks - Nutritionix Calories, fat, protein, and carbohydrate values for for 1 Oz Pretzel Sticks and other related foods

Calories in Pretzels, Classic, Sticks from Utz - Nutritionix INGREDIENTS: Wheat Flour, Salt, Vegetable Oil (Contains One or More of the Following: Corn Oil, Sunflower Oil, Canola Oil and/or Soybean Oil), Malt Syrup (Adds a Trivial

Calories in Pretzel Sticks - Nutritionix Calories, fat, protein, and carbohydrate values for for Pretzel Sticks and other related foods

Pretzel sticks nutrition facts and analysis. Pretzel sticks contains 110 calories per 28 g serving. This serving contains 1.5 g of fat, 3 g of protein and 22 g of carbohydrate. The latter is 0 g sugar and 1 g of dietary fiber, the rest is

Pretzel sticks Calories, Nutrients, Macros Breakdown & benefits Get the full nutritional breakdown of Pretzel sticks, including calories, proteins, fats, carbs, vitamins & minerals with Health benefits. Perfect for meal planning and healthy living

Old Dutch Pretzel Sticks Nutrition Facts - Eat This Much The amount of calories, carbs, fat, and protein values for Old Dutch Pretzel Sticks

Calories in Pretzel Sticks - ReciPal Nutrition facts label and information for Pretzel Sticks - Per 100 grams: 400.0 calories, 3.333g fat, 80.0g carbohydrate, 10.0g protein

Nutrition Facts for Pretzels, inc. - PRETZEL STICKS - myfooddata Nutrition Facts for Pretzels, inc. - PRETZEL STICKS - View calories, protein, carbs, fats, vitamins, minerals, and more

Calories in Rold Gold Pretzel Sticks and Nutrition Facts Calorie breakdown: 0% fat, 88% carbs, 12% protein. There are 110 calories in 53 pretzels (28 g) of Rold Gold Pretzel Sticks. Get full nutrition facts for other Rold Gold products

Pretzel Sticks Nutrition Facts • MyFoodDiary® Nutrition information for Pretzel Sticks. Track calories, carbs, fat, and 18 other key nutrients. Start your food diary today!

Calories in 1 Oz Pretzel Sticks - Nutritionix Calories, fat, protein, and carbohydrate values for for 1 Oz Pretzel Sticks and other related foods

Calories in Pretzels, Classic, Sticks from Utz - Nutritionix INGREDIENTS: Wheat Flour, Salt, Vegetable Oil (Contains One or More of the Following: Corn Oil, Sunflower Oil, Canola Oil and/or Soybean Oil), Malt Syrup (Adds a Trivial

Calories in Pretzel Sticks - Nutritionix Calories, fat, protein, and carbohydrate values for for Pretzel Sticks and other related foods

Pretzel sticks nutrition facts and analysis. Pretzel sticks contains 110 calories per 28 g serving. This serving contains 1.5 g of fat, 3 g of protein and 22 g of carbohydrate. The latter is 0 g sugar and 1 g of dietary fiber, the rest is

Pretzel sticks Calories, Nutrients, Macros Breakdown & benefits Get the full nutritional breakdown of Pretzel sticks, including calories, proteins, fats, carbs, vitamins & minerals with Health benefits. Perfect for meal planning and healthy living

Old Dutch Pretzel Sticks Nutrition Facts - Eat This Much The amount of calories, carbs, fat, and protein values for Old Dutch Pretzel Sticks

Calories in Pretzel Sticks - ReciPal Nutrition facts label and information for Pretzel Sticks - Per 100 grams: 400.0 calories, 3.333g fat, 80.0g carbohydrate, 10.0g protein

Nutrition Facts for Pretzels, inc. - PRETZEL STICKS - myfooddata Nutrition Facts for Pretzels, inc. - PRETZEL STICKS - View calories, protein, carbs, fats, vitamins, minerals, and more

Calories in Rold Gold Pretzel Sticks and Nutrition Facts Calorie breakdown: 0% fat, 88% carbs, 12% protein. There are 110 calories in 53 pretzels (28 g) of Rold Gold Pretzel Sticks. Get full nutrition facts for other Rold Gold products

Pretzel Sticks Nutrition Facts • MyFoodDiary® Nutrition information for Pretzel Sticks. Track calories, carbs, fat, and 18 other key nutrients. Start your food diary today!

Calories in 1 Oz Pretzel Sticks - Nutritionix Calories, fat, protein, and carbohydrate values for for 1 Oz Pretzel Sticks and other related foods

Calories in Pretzels, Classic, Sticks from Utz - Nutritionix INGREDIENTS: Wheat Flour, Salt, Vegetable Oil (Contains One or More of the Following: Corn Oil, Sunflower Oil, Canola Oil and/or Soybean Oil), Malt Syrup (Adds a Trivial

Related to pretzel sticks nutrition facts

National Pretzel Day: Nutritional facts show you don't have to feel guilty (The Mercury11y)

National Pretzel Day is Saturday, so local sellers will be handing out free pretzels. But nutritional facts - unlike pretzels - can't be twisted. The Philly Pretzel Factory is one of several companies

National Pretzel Day: Nutritional facts show you don't have to feel guilty (The Mercury11y)

National Pretzel Day is Saturday, so local sellers will be handing out free pretzels. But nutritional facts - unlike pretzels - can't be twisted. The Philly Pretzel Factory is one of several companies

Back to Home: <https://www-01.massdevelopment.com>