

# East Shore Specialty Foods Nutritional Information

## Gift Set - Classic

### Nutrition Facts

About 8 servings per container

**Serving Size** About 32 pretzels (30g)

**Amount Per Serving**

**Calories 130**

		% Daily Value*
<b>Total Fat</b>	3g	4%
Saturated Fat	0g	0%
Trans Fat	0g	
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	340mg	15%
<b>Total Carbohydrate</b>	24g	9%
Dietary Fiber	<1g	
Total Sugars	<1g	
Includes	<1g	Added Sugars 2%
<b>Protein</b>	3g	
Vitamin D	0mcg	0%
Calcium	10mg	0%
Iron	1.7mg	10%
Potassium	40mg	0%

\*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:**  
 PRETZELS[ENRICHED WHEAT FLOUR (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), SALT, CONTAINS LESS THAN 2% OF HIGH OLEIC CANOLA OIL AND/OR SOYBEAN OIL, LEAVENING (Yeast, Sodium Bicarbonate, and/or Ammonium Bicarbonate), CORN SYRUP, BARLEY MALT EXTRACT], CORN OIL, LESS THAN 2% OF: WORCESTERSHIRE SAUCE (Distilled Vinegar, Molasses, Corn Syrup, Water, Salt, Caramel Color, Garlic Powder, Sugar, Spices, Celery Seed, Tamarind Extract, Natural Flavor. Contains Sulfites), DEHYDRATED ONION AND GARLIC, SPICES (Including Paprika, Chili Pepper, Mustard and Turmeric), EXTRACTIVES OF PAPRIKA, OLEORESIN ROSEMARY [Soybean Oil, Natural Flavor (Spice Extractives), Canola Oil].

**CONTAINS: WHEAT**

Shelf Life: 6 Months

11/02/2020-00276

**Product of U.S.A.**

### 5oz Sweet and Tangy Mustard

#### Nutrition Facts

About 28 servings per container

**Serving Size**  
1 Tsp (5g)

**Calories 15**  
per serving

Amount/serving	% DV*
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> < 5mg	0%
<b>Sodium</b> 0mg	0%
Vitamin D 0%	Calcium 0%

Amount/serving	% DV*
<b>Total Carb.</b> 2g	1%
Fiber 0g	0%
Total Sugars 2g	
Incl 2g	Added Sugars 4%
<b>Protein</b> 0g	
Iron 0%	Potassium 0%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**INGREDIENTS:**

APPLE CIDER VINEGAR, CANE SUGAR, MUSTARD SEED, EGG YOLKS (EGG YOLKS, SUGAR) AND CITRIC ACID.

**CONTAINS: EGG**

Shelf Life: 12 Months

**Product of U.S.A.**

06/13/2018-00174

### 5oz Coarse with Dill Mustard

#### Nutrition Facts

About 28 Servings per container

**Serving Size**  
1 tsp (5g)

**Calories 15**  
per serving

Amount/serving	% DV*
<b>Total Fat</b> 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
Vitamin D 0%	Calcium 0%

Amount/serving	% DV*
<b>Total Carb.</b> 2g	1%
Fiber 0g	0%
Total Sugars 2g	
Incl 1g	Added Sugars 2%
<b>Protein</b> 0g	
Iron 0%	Potassium 0%

\*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:** WHITE DISTILLED VINEGAR, MUSTARD SEED, CANE SUGAR, EGG YOLKS(EGG YOLKS, SUGAR), DILL, CITRIC ACID.

**CONTAINS: EGG**

Shelf Life: 12 Months

**Product of U.S.A.**

07/18/2018-00232