

TWYSTS™

PROTEIN

Protein-Packed  **Pretzel-Perfect**

Say hello to protein-packed, Non-GMO seasoned pretzels that bring the crunch and the fun – snack time just got an upgrade.

NON-GMO
PRODUCT

6 G
PROTEIN

WHEY
PROTEIN
POWERED



**AVAILABLE IN
5 BOLD FLAVORS:**

Original Recipe, Twisted Heat,
Dill Pickle, All Dressed
& Honey Mustard

**AVAILABLE IN
2 BAG SIZES:**

5 oz & 16 oz

For information, contact: Joseph E. Latouf, Executive Vice President Sales & Marketing,
The Pretzel Group, (317) 272-3600, info@thepretzelgroup.com

www.twysts.com

ORIGINAL RECIPE

**A crunchier
take on a
timeless classic**

Ingredients: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CANOLA OIL, MILK PROTEIN CONCENTRATE, MILK PROTEIN ISOLATE, CONTAINS 2% OR LESS OF EACH: WHEAT PROTEIN, SALT, TAPIOCA SYRUP, MALT EXTRACT, MALTODEXTRIN, CAYENNE PEPPER, SUGAR, CITRIC ACID, LACTIC ACID, CURCUMIN (COLOR), NATURAL FLAVOR, ANNATTO POWDER (COLOR), SPICE, DISODIUM INOSINATE, DEHYDRATED GARLIC, DEHYDRATED ONION, BUTTERMILK POWDER, MONOSODIUM GLUTAMATE, DISODIUM GUANYLATE, MALIC ACID.

Nutrition Facts

about 5 servings per 5 oz container
about 15 servings per 16 oz container
Serving size 14 pretzels (30g)

Amount per serving	
Calories	130
	% Daily Value*
Total Fat 4g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2g	
Cholesterol 5mg	2%
Sodium 240mg	10%
Total Carbohydrate 18g	7%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 6g	12%
Vitamin D 0mcg	0%
Calcium 70mg	6%
Iron 1.7mg	10%
Potassium 50mg	2%

*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.

DILL PICKLE

**The tangy
dill-forward
favorite**

Ingredients: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CANOLA OIL, MILK PROTEIN CONCENTRATE, MILK PROTEIN ISOLATE, CONTAINS 2% OR LESS OF EACH: WHEAT PROTEIN, SALT, TAPIOCA SYRUP, MALT EXTRACT, MALTODEXTRIN, BUTTERMILK POWDER, DEHYDRATED GARLIC, SODIUM DIACETATE, MONOSODIUM GLUTAMATE, DISODIUM INOSINATE, DISODIUM GUANYLATE, CITRIC ACID, MALIC ACID, DILL WEED.

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Sodium 250mg	11%
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Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 6g	12%
Vitamin D 0mcg	0%
Calcium 70mg	6%
Iron 1.7mg	10%
Potassium 40mg	0%

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TWISTED HEAT

**A fiery blend to
kick up the flavor**

Ingredients: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CANOLA OIL, MILK PROTEIN CONCENTRATE, MILK PROTEIN ISOLATE, CONTAINS 2% OR LESS OF EACH: WHEAT PROTEIN, SALT, TAPIOCA SYRUP, MALT EXTRACT, PAPRIKA (SPICE AND COLOR), SALT, MALTODEXTRIN, SUGAR, WHEY (MILK), MONOSODIUM GLUTAMATE, DEHYDRATED ONION, DEHYDRATED GARLIC, NATURAL FLAVOR, SODIUM DIACETATE, CITRIC ACID, MALIC ACID, DISODIUM INOSINATE, DISODIUM GUANYLATE.

Nutrition Facts

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	% Daily Value*
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Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2g	
Cholesterol 5mg	2%
Sodium 250mg	11%
Total Carbohydrate 18g	7%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 6g	12%
Vitamin D 0mcg	0%
Calcium 70mg	6%
Iron 1.7mg	10%
Potassium 40mg	0%

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HONEY MUSTARD

**Sweet, sharp,
and totally
snackable**

Ingredients: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CANOLA OIL, MILK PROTEIN CONCENTRATE, MILK PROTEIN ISOLATE, CONTAINS 2% OR LESS OF EACH: WHEAT PROTEIN, SALT, TAPIOCA SYRUP, MALT EXTRACT, DEXTROSE, MALTODEXTRIN, HONEY, DISTILLED WHITE VINEGAR, MUSTARD SEED, DEHYDRATED ONION, DEHYDRATED GARLIC, MONOSODIUM GLUTAMATE, CITRIC ACID, NATURAL FLAVOR, TURMERIC (COLOR).

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Total Fat 4g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2g	
Cholesterol 5mg	2%
Sodium 190mg	8%
Total Carbohydrate 18g	7%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 1g Added Sugars	2%
Protein 6g	12%
Vitamin D 0mcg	0%
Calcium 70mg	6%
Iron 1.7mg	10%
Potassium 40mg	0%

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ALL DRESSED

**The ultimate
everything flavor**

Ingredients: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CANOLA OIL, MILK PROTEIN CONCENTRATE, MILK PROTEIN ISOLATE, CONTAINS 2% OR LESS OF EACH: WHEAT PROTEIN, SALT, TAPIOCA SYRUP, MALT EXTRACT, MALTODEXTRIN, SUGAR, SALT, MONOSODIUM GLUTAMATE, SODIUM DIACETATE, NATURAL FLAVOR, DEHYDRATED GARLIC, DEHYDRATED ONION, DISODIUM INOSINATE, DISODIUM GUANYLATE, CITRIC ACID, MALIC ACID.

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Cholesterol 5mg	2%
Sodium 250mg	11%
Total Carbohydrate 18g	7%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 6g	12%
Vitamin D 0mcg	0%
Calcium 70mg	6%
Iron 1.7mg	10%
Potassium 40mg	0%

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