

Nutritional Information

Wetzel's Pretzels®	Serving weight (g)	Size	Total calories (cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Added sugars (g)	Protein (g)
Pretzels													
Almond Crunch Pretzel	185	1 each	500	9	5	0.0	20	510	88	4	8	7	13
Cheese Meltdown	202	1 each	540	13	8	0.5	40	710	84	4	3	3	17
Grateful Garlic	204	1 each	560	15	9	0.5	45	730	84	3	3	3	17
Jalapeno Cheese Melt	238	1 each	560	14	8	0.5	40	1310	86	4	4	3	17
Jalaroni	228	1 each	590	17	10	0.5	45	1130	85	4	4	3	18
Original Pretzel (no butter, no salt)	171	1 each	400	0	0	0.0	0	510	83	4	3	3	13
Original Pretzel (no butter, salted)	172	1 each	400	0	0	0.0	0	900	83	4	3	3	13
Original Pretzel (with butter, no salt)	179	1 each	470	8	5	0.0	20	510	83	4	3	3	13
Original Pretzel (with butter, salted)	180	1 each	470	8	5	0.0	20	900	83	4	3	3	13
Pepperoni Twist	217	1 each	620	20	11	1.0	55	950	85	4	3	3	20
Sinful Cinnamon Pretzel	188	1 each	510	8	5	0.0	20	510	92	4	12	12	13
Bitz													
Almond Crunch Bitz	320	1 bag	880	14	9	0.0	30	840	160	6	23	23	22
Cin-A-Bitz	319	1 bag	860	12	7	0.0	30	830	162	6	27	27	21
Pizza Bitz	220	1 bag	630	21	12	1.0	60	990	85	4	3	3	20
Wetzel Bitz (no butter, no salt)	284	1 bag	670	0	0	0.0	0	830	139	6	5	5	21
Wetzel Bitz (no butter, salted)	286	1 bag	670	0	0	0.0	0	1620	139	6	5	5	21
Wetzel Bitz (with butter, no salt)	296	1 bag	780	12	7	0.0	30	830	139	6	5	5	21
Wetzel Bitz (with butter, salted)	298	1 bag	780	12	7	0.0	30	1620	139	6	5	5	21
Loaded Bitz													
Bacon Ranch	410	1 serving	1180	47	16	0.0	50	2350	146	6	9	5	24
Choco Churro Bitz	376	1 serving	1030	15	9	0.0	40	890	196	8	60	57	24
S'mores	387	1 serving	1110	22	13	0.5	35	910	203	10	53	52	24
Dogs & Bites													
Cheese Dog	208	1 each	630	42	19	1.5	105	1370	41	1	4	4	22
Cheesy Dog Bites	300	1 bag	920	58	27	2.0	145	1780	69	3	7	6	31
Dog Bites	259	1 bag	800	48	21	1.5	110	1410	67	3	7	6	24
Wetzel Dog	174	1 each	540	35	15	1.0	80	1090	39	1	4	4	17
Stickz													
Mozzarella Stickz	260	1 serving	760	29	16	0.5	75	1080	83	3	3	3	27
Twistz													
Pizza Bomb	199	1 each	550	22	13	0.5	70	1090	60	3	3	2	24
Triple Grilled Cheese	186	1 each	540	23	15	0.0	75	910	58	2	3	2	22
Dips													
Caramel	1.5 oz	1 each	150	1.5	1	0.0	5	85	33	0	17	13	1
Cheddar Cheese	1.5 oz	1 each	130	11	2.5	0.0	5	700	6	0	3	0	2
Cream Cheese	2 oz	2 each	140	14	8	0.0	30	230	4	0	2	0	4
Jalapeno Cheese	1.5 oz	1 each	130	11	2.5	0.0	5	720	6	0	3	0	2
Pizza Sauce	1.5 oz	1 each	25	0	0	0.0	0	150	6	2	3	1	0
Ranch	1.5 oz	1 each	150	16	2.5	0.0	15	370	1	0	1	0	1
Sweet Glaze	2 oz	1 each	230	13	8	0.0	45	55	27	0	27	26	1

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Beverages (Granita, Lemonade, ICEE)													
Frozen Granita - Blue Raspberry	567	24 fl.oz	190	0	0	0.0	0	15	47	0	47	47	0
Frozen Granita - Kiwi Strawberry	567	24 fl.oz	190	0	0	0.0	0	15	47	0	47	45	0
Frozen Lemonade - Boba	604	24 fl.oz	340	0	0	0.0	0	10	82	0	76	69	0
Frozen Lemonade - Original	567	24 fl.oz	250	0	0	0.0	0	15	62	0	59	57	0
Frozen Lemonade - Strawberry	567	24 fl.oz	250	0	0	0.0	0	15	61	0	58	62	0
Guava Mangonada	629	24 fl.oz	420	0	0	0.0	0	1160	106	1	102	94	0
ICEE - Blue Raspberry (Regular)		22 fl.oz	300	0	0	0.0	0	40	73	0	73	73	0
ICEE - Blue Raspberry (Large)		32 fl.oz	450	0	0	0.0	0	60	109	0	109	109	0
Lemonade - Boba (Regular)	704	22 fl.oz	340	0	0	0.0	0	15	84	0	78	73	0
Lemonade - Boba (Large)	930	32 fl.oz	440	0	0	0.0	0	20	109	0	101	96	0
Lemonade - Boba (X-Large)	1270	44 fl.oz	590	0	0	0.0	0	30	146	0	136	130	0
Lemonade - Original (Regular)	624	22 fl.oz	280	0	0	0.0	0	15	68	0	64	62	0
Lemonade - Original (Large)	907	32 fl.oz	400	0	0	0.0	0	25	99	0	94	91	0
Lemonade - Original (X-Large)	1247	44 fl.oz	550	0	0	0.0	0	30	136	0	139	125	1
Lemonade - Strawberry (Regular)	624	22 fl.oz	270	0	0	0.0	0	15	68	0	64	69	0
Lemonade - Strawberry (Large)	907	32 fl.oz	400	0	0	0.0	0	20	98	0	93	100	0
Lemonade - Strawberry (X-Large)	1247	44 fl.oz	550	0	0	0.0	0	30	135	0	128	137	1
Mangonada	626	24 fl.oz	520	0	0	0.0	0	1300	130	1	125	109	1
Mocha Chiller	483	24 fl.oz	430	13	12	0.0	5	310	77	2	62	61	5
Peach Matcha Palmer	482	24 fl.oz	310	0	0	0.0	0	10	77	1	74	70	0
Strawberry Coco Dream	666	24 fl.oz	400	6	6	0.0	5	40	85	0	80	84	1
Beverages (Fountain Drinks & Dirty Sodas)													
Brisk Raspberry (Regular)	624	22 fl.oz	130	0	0	0	0	90	32	0	32	32	0
Brisk Raspberry (Large)	907	32 fl.oz	190	0	0	0	0	130	49	0	48	48	0
Brisk Raspberry (X-Large)	1247	44 fl.oz	260	0	0	0	0	180	66	0	66	66	0
Caramel Root Beer	503	24 fl.oz	330	2	0	0.0	0	120	81	0	78	78	0
Diet Pepsi (Regular)	624	22 fl.oz	0	0	0	0.0	0	100	0	0	0	0	0
Diet Pepsi (Large)	907	32 fl.oz	0	0	0	0.0	0	150	0	0	0	0	0
Diet Pepsi (X-Large)	1247	44 fl.oz	0	0	0	0.0	0	210	0	0	0	0	0
Dr.Coco Berry	510	24 fl.oz	370	3	0	0.0	0	85	83	0	87	87	0
Dr.Pepper (Regular)	624	22 fl.oz	260	0	0	0	0	80	70	0	69	69	0
Dr.Pepper (Large)	907	32 fl.oz	390	0	0	0	0	120	106	0	104	104	0
Dr.Pepper (X-Large)	1247	44 fl.oz	530	0	0	0	0	160	143	0	143	143	0
Malibu	496	24 fl.oz	280	2	0	0.0	0	50	68	0	66	66	0
Mt.Dew (Regular)	624	22 fl.oz	300	0	0	0	0	95	79	0	79	79	0
Mt.Dew (Large)	907	32 fl.oz	460	0	0	0	0	140	119	0	119	119	0
Mt.Dew (X-Large)	1247	44 fl.oz	620	0	0	0	0	190	161	0	161	161	0
Pepsi (Regular)	624	22 fl.oz	270	0	0	0	0	55	75	0	74	74	0
Pepsi (Large)	907	32 fl.oz	410	0	0	0	0	85	112	0	112	112	0
Pepsi (X-Large)	1247	44 fl.oz	560	0	0	0	0	120	152	0	151	151	0
Root Beer (Regular)	924	22 fl.oz	260	0	0	0	0	85	72	0	72	72	0
Root Beer (Large)	907	32 fl.oz	470	0	0	0	0	180	119	0	118	118	0
Root Beer (X-Large)	1247	44 fl.oz	530	0	0	0	0	170	144	0	143	143	0
Starry (Regular)	624	22 fl.oz	260	0	0	0	0	60	70	0	70	70	0
Starry (Large)	907	32 fl.oz	400	0	0	0	0	90	105	0	105	105	0
Starry (X-Large)	1247	44 fl.oz	540	0	0	0	0	125	143	0	143	143	0
Strawberry Cream	489	24 fl.oz	260	2	0	0.0	0	30	61	0	57	55	0

Percent Daily Values are based on a 2,000 calorie diet. 2,000 calories a day is used for general nutrition advice, but calorie needs vary.

The Nutritional Information Wetzel's Pretzels® has provided is based on standard product formulations. Product variations may occur based on regional differences, ingredient substitutions, seasonal conditions, differences in product production at the store and suppliers. Some items listed may not be available in all stores. This list may not include test products, limited time offers, custom orders, self-service orders and regional menu variations.

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