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Nutrition Facts

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Sunshine® Cheez-It® Whole Grain

Product Type

Grab 'n Go Crackers

Allergen Information

CONTAINS WHEAT, MILK AND SOY INGREDIENTS.

Product Category

UPC Code

2410079263

Dietary Exchange Per Serving

1 Carbohydrate, 1/2 Fat

Servings/Case

0

Kosher Status

Kosher Dairy

Sizes

0.75 oz

Grain Ounce Equivalents

1.0

Format

Single Serve

Shelf Life

240 days (8 months)

Gross Weight

10.246

Country of Origin

Distributed in USA



Date Printed: 07/16/2015

Sunshine®

Cheez-It®

made with Whole Grain

Nutrition Facts

Serving Size 1 Pouch (21g)

Amount Per Serving

Calories 100 Calories from Fat 30

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 1g **5%**

Trans Fat 0g

Polyunsaturated Fat 1.5g

Monounsaturated Fat 0.5g

Cholesterol less than 5mg **1%**

Sodium 150mg **6%**

Total Carbohydrate 14g **5%**

Dietary Fiber 1g **5%**

Sugars 0g

Protein 2g

Vitamin A 10% • Vitamin C 0%

Calcium 10% • Iron 4%

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

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: WHOLE WHEAT FLOUR, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B₁ [THIAMIN MONONITRATE], VITAMIN B₂ [RIBOFLAVIN], FOLIC ACID), WHITE CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), SOYBEAN OIL WITH TBHQ FOR FRESHNESS, CONTAINS TWO PERCENT OR LESS OF SALT, CALCIUM CARBONATE, PAPRIKA, YEAST, PAPRIKA OLEORESIN FOR COLOR, TURMERIC EXTRACT FOR COLOR, ANNATTO EXTRACT FOR COLOR, BHT FOR FRESHNESS, VITAMIN A PALMITATE, SOY LECITHIN.

CONTAINS WHEAT, MILK AND SOY INGREDIENTS.

NLI#09685

Product Name	Cheez It made with 9g Whole Grain
Flavor Descriptor	
NLI Description	School Edition - production
Brand	SUNSHINE



Date Created	01-07-15
NLI #	09685
Kosher Status	OK-D
Product of	U.S.A.

USDA Ounce Equivalents of Grain per Serving	1			
USDA Ounce Equivalents of Meat/Meat Alternate				
	Carbohydrates	Fat	Protein	Free
Diet Exchange	1	1/2		
Whole Grains (g/serving)	9			

Serving Size	1 Pouch			
Serving Size g	21			
Serving Size oz				
Amount Per Serving				
Calories	100			
Calories from Fat	30			
		% Daily Value*		% Daily Value*
Total Fat	3.5 g	5 %		
Saturated Fat	1 g	5 %		
Trans Fat	0 g			
Polyunsaturated Fat	1.5 g			
Monounsaturated Fat	0.5 g			
Cholesterol	<5 mg	1 %		
Sodium	150 mg	6 %		
Potassium				
Total Carbohydrate	14 g	5 %		
Dietary Fiber	1 g	5 %		
Soluble Fiber				
Insoluble Fiber				
Sugars	0 g			
Sugar Alcohol				
Other Carbohydrate				
Protein	2 g			
Vitamin A		10 %		
Vitamin C		0 %		
Calcium		10 %		
Iron		4 %		
Vitamin D				
Vitamin E				
Vitamin K				
Thiamin				
Riboflavin				
Niacin				
Vitamin B6				
Folic Acid				
Vitamin B12				
Biotin				
Pantothenic Acid				
Phosphorus				
Iodine				
Magnesium				
Zinc				
Selenium				
Copper				
Manganese				
Chromium				
Molybdenum				

Ingredients:

WHOLE WHEAT FLOUR, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B1 [THIAMIN MONONITRATE], VITAMIN B2 [RIBOFLAVIN], FOLIC ACID), WHITE CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), SOYBEAN OIL WITH TBHQ FOR FRESHNESS, CONTAINS TWO PERCENT OR LESS OF SALT, CALCIUM CARBONATE, PAPRIKA, YEAST, PAPRIKA OLEORESIN FOR COLOR, TURMERIC EXTRACT FOR COLOR, ANNATTO EXTRACT FOR COLOR, BHT FOR FRESHNESS, VITAMIN A PALMITATE, SOY LECITHIN.

ALLERGEN INFORMATION:

CONTAINS WHEAT, MILK AND SOY INGREDIENTS.

Other Required Statements:

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

	Calories:	2,000	2,500	Print value if "Y"
Total Fat	Less than	65g	80g	Y
Sat. Fat	Less than	20g	25g	Y
Cholesterol	Less than	300mg	300mg	Y
Sodium	Less than	2,400mg	2,400mg	Y
Potassium		3,500mg	3,500mg	
Total Carbohydrate		300g	375g	Y
Dietary Fiber		25g	30g	Y
Protein		50g	65g	

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Product information can change at any time.

Always refer to product package for current nutrition and ingredient information.

Julia M. Jursinic, MS

Sr. Director, Nutrition Labeling & Regulatory Compliance
Kellogg Company

Nutrient Contents Per 100g			
Calories	455	Vitamin A	1786 IU
Calories from fat	140	Vitamin C	0 mg
Total Fat	15.6 g	Calcium	357.1 mg
Saturated Fat	4.1 g	Iron	5.0 mg
Polyunsaturated Fat	6.7 g	Vitamin D	0 IU
Monounsaturated Fat	2.7 g	Vitamin E	0 IU
Trans Fat	0.3 g	Thiamin	0.52 mg
Cholesterol	11 mg	Riboflavin	0.26 mg
Sodium	718 mg	Niacin	4.7 mg
Potassium	239 mg	Vitamin B6	0.02 mg
Total Carbohydrate	67.1 g	Folic Acid	87 mcg
Dietary Fiber	5.9 g	Vitamin B12	0.0 mcg
Soluble Fiber	0.5 g	Pantothenic Acid	NA mg
Insoluble Fiber	0.7 g	Phosphorus	224 mg
Sugars	1.1 g	Magnesium	52 mg
Sugar Alcohols	NA g	Zinc	1.8 mg
Protein	12.4 g	Copper	NA mg
NA = Database values for the nutrient do not exist or are incomplete.		Manganese	NA mg
		Selenium	NA mcg
		Moisture	2.5 %
		Ash	2.4 %

GTIN/UPC Code	Type of Package	Net Weight	Servings Per Container
000 24100 91969 7	Tote	600 lb	
000 24100 79263 4	Case	175 - 0.75 oz pkgs	175
000 24100 79482 9	Pouch	0.75 oz (21g)	1