



Cheez-It® Crackers made with 9g Whole Grain 0.75 oz./175 ct. Cheez-It® Crackers

#14202

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Product Last Saved Date:17 September 2015

Nutrition Facts	
Serving Size: 21 GR	
Number of Servings per Package:	
Amount Per Serving	
Calories: 100	Calories from Fat: 30
% Daily Value*	
Total Fat 3.5 g	5%
Saturated Fat 1 g	5%
Trans Fat 0 g	
Cholesterol 5 mg	1%
Sodium 150 mg	6%
Total Carbohydrate 14 g	5%
Dietary Fiber 1 g	5%
Sugars 0 g	
Protein 2 g	
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

Product Specifications:				
Man Prod Code	Dist Prod Code	GTIN	Pack	Pack Description
2410079263	204440	30024100792635	175 X .75 OZ	0.75 oz./175 ct.

Brand	Brand Owner	GPC Description
Sunshine	Kellogg Company US	Biscuits/Cookies (Shelf Stable)

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
359.114 LB	287.105 LB	USA	Yes	No

Shipping Information						
Length	Width	Height	Volume	TixHI	Shelf Life	Storage Temp From/To
39.75 IN	46.375 IN	47.5 IN	50.672 CF	7x5	240 Days	35 FA / 85 FA

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.

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):		
Eggs - NI	Milk - C	Peanuts - NI
Soy - C	Wheat - C	TreeNuts - NI
Fish - NI	Crustacean - NI	Nuts - NI

Handling Suggestions:
 Dry.

Benefits:
 The item is a good fit for: Recreation, Primary/Secondary Schools, For Breakfast, For Snack, Great on-the-go convenience.

Serving Suggestions:
 Ready to Eat

Prep & Cooking Suggestions:
 Ready-to-eat.

More Information: