

Nutrition

175 Servings per container

Serving Size **1 Pouch**

Amount Per Serving
Calories **100**

		% Daily
Total Fat	3.5 g	4%
Saturated Fat	1 g	5%
Trans Fat	0 g	
Cholesterol	5 mg	1%
Sodium	150 mg	7%
Total	14 g	5%
Dietary Fiber	1 g	4%
Total Sugars	0 g	
Includes	0g Added Sugars	0%
Protein	3 g	

Vitamin D	0 mg	0%
Calcium	110 mg	8%
Iron	1 mg	4%
Potassium	50 mg	0%

*The % Daily Values (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.

Product Specifications:

Man Prod Code	Dist Prod Code	GTIN	Pack	Pack Description
2410079263	918363	00024100792634	175 X 1 ONZ	175ct.

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

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
10.246 LBR	8.203 LBR	USA	Yes	

Shipping Information

Length	Width	Height	Shelf Life	Storage Temp From/To
19.875 INH	13.25 INH	9.5 INH	240	35 FAH / 85 FAH

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 2% or less of salt, calcium carbonate, paprika, yeast, paprika extract color, turmeric extract color, BHT for freshness, vitamin A palmitate, annatto extract color, soy lecithin.

Allergens (C='Contains' MC='May Contain' N='Free From' UN='Undeclared' 30='Free From Not Tested' 50='Derived From Ingredients' 60='Not Derived From Ingredients' NI='No Info')

Eggs - NI	Milk - C	Peanuts - NI
Soy - C	Wheat - C	TreeNuts - NI
Fish - NI	Crustacean - NI	

Handling Suggestions :

Dry

Benefits :

Made with 9 grams of whole grain per 21-grams serving size, Cheez-It Whole Grain Baked Snack Crackers are an ideal companion for lunches, mid-day and after-school snacks. Each cracker has been baked to perfection and is made with 100% real cheese

Serving Suggestions :

Serve anytime, as a snack or meal accompaniment; Ideal for snacking at home, school, work, and on-the-go

Prep & Cooking Suggestions :

Cheez-It Crackers are ready to eat out of the package

More Information :

Allergens(C='Contains' MC='May Contain' N='Free From' UN='Undeclared' 30='Free From Not Tested' 50='Derived From Ingredients' 60='Not Derived From Ingredients' NI='No Info Provided'):

Eggs - NI	Milk - C	Peanuts - NI
Soy - C	Wheat - C	TreeNuts - NI
Fish - NI	Shellfish - NI	Sesame - NI

100 Gram Nutritional Analysis

Calories		Total Fat	g	Sodium	mg
Protein	g	Trans Fats	g	Calcium	
Total Carbohydrate	g	Saturated Fat	g	Iron	mg
Sugars	g	Polyunsaturated Fat	g	Potassium	mg
Dietary Fiber	g	Monounsaturated Fat	g	Zinc	mg
Lactose	Yes	Cholesterol	mg	Phosphorus	mg
Sucrose					
Vitamin A(IU)		Vitamin D	mcg	Thiamin	mg
Vitamin A(RE)		Vitamin E	mg	Niacin	mg
Vitamin C	mg	Folate	mcg	Riboflavin	mg
Magnesium	mg	Vitamin B-6	mg	Vitamin B-12	mcg
Monosodium		Sulphites	Yes	Nitrates	

Additional Images:

Image #1:



Image #2:



Image #3:



Image #4:

