



## Smart Snacks Product Calculator Results

Brand:  
**Sunshine-Kellogs**

Product Name:  
**Cheez-It WG**

Serving Size:  
**21.00 g**

First Ingredient:  
**Whole Wheat Flour**

• Your whole grain product meets all nutrient standards.

## Nutrition Facts

Serving Size 21.00 g †

Amount Per Serving

**Calories** 100

**Calories from Fat** 30

**Total Fat (g)** 3.5

Saturated Fat (g) 1

Trans Fat (g) 0

**Sodium (mg)** 150

### Carbohydrates

Sugars (g) 0

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA

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1

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### Sunshine® Cheez-It® Whole Grain

[Nutrition Information](#)



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#### Product Type

Grab 'n Go Crackers

#### Product Category

#### UPC Code

2410079263

#### Servings/Case

0

#### Sizes

0.75 oz

#### Format

Single Serve

#### Gross Weight

10.246

#### Grain or Bread Ounce Equivalents

#### 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.

#### Kellogg Corporate Responsibility Report



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At Kellogg Company, we are guided by our unwavering belief in even better days and brighter tomorrows.

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 B<sub>1</sub> [THIAMIN MONONITRATE], VITAMIN B<sub>2</sub> [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

**Allergen Information**

CONTAINS WHEAT, MILK AND SOY INGREDIENTS.

**Dietary Exchange Per Serving**

1 Carbohydrate, 1/2 Fat

**Kosher Status**

Kosher Dairy

**Shelf Life**

240 days (8 months)

**Country of Origin**

Distributed in USA



Top