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Nutrition Facts

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Sunshine® Cheez-It® Whole Grain

Product Type
Grab 'n Go Crackers

Product Category

UPC Code
2410079263

Servings/Case
175 ct

Sizes
0.75 oz

Format
Single Serve

Gross Weight
10.246

Allergen Information
CONTAINS WHEAT, MILK AND SOY INGREDIENTS.

Dietary Exchange Per Serving
1 Carbohydrate, 1/2 Fat

Kosher Status
Kosher Dairy

Grain Ounce Equivalents
1.0

Shelf Life
240 days (8 months)

Country of Origin
Distributed in USA



Date Printed: 11/10/2015

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%
<i>Trans Fat</i> 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.

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NLI#09685