

Product Name	Cheez It Made with 9g Whole Grain for Schools
Flavor Descriptor	
NLI Description	Production
Brand	Sunshine



Date Created	01/02/18
NLI #	13738
Kosher Status	OK-D
Product of	U.S.A.

USDA Ounce Equivalents of Grain per Serving	1
USDA Ounce Equivalents of Meat/Meat Alternate	
Whole Grains (g/serving)	9 g

Serving Size	1 Pouch		
Serving Size g	21		
Serving Size oz			
Amount Per Serving			
Calories	100		
		% Daily Value*	% Daily Value*
Total Fat	3.5 g	4 %	
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	7 %	
Total Carbohydrate	14 g	5 %	
Dietary Fiber	1 g	4 %	
Soluble Fiber			
Insoluble Fiber			
Total Sugars	0 g		
Includes 0g Added Sugars	0 g	0 %	
Sugar Alcohol			
Protein	3 g		
Vitamin D	0 mcg	0 %	
Calcium	110 mg	8 %	
Iron	1 mg	4 %	
Potassium	50 mg	0 %	
Vitamin A		10 %	
Vitamin C			
Vitamin E			
Vitamin K			
Thiamin			
Riboflavin			
Niacin			
Vitamin B6			
Folate	mcg DFE		mcg DFE
Folic Acid			
Vitamin B12			
Biotin			
Pantothenic Acid			
Phosphorus			
Iodine			
Magnesium			
Zinc			
Selenium			
Copper			
Manganese			
Chromium			
Molybdenum			
Chloride			
Choline			
Fluoride			

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.

ALLERGEN INFORMATION:
CONTAINS WHEAT, MILK, AND SOY INGREDIENTS.

Nutrient Contents Per 100g			
Calories	455	Vitamin E	0 mg
Total Fat	15.6 g	Vitamin K	NA mcg
Saturated Fat	4.1 g	Thiamin	0.52 mg
Trans Fat	0.3 g	Riboflavin	0.26 mg
Polyunsaturated Fat	6.7 g	Niacin (NE)	6.9 mg
Monounsaturated Fat	2.7 g	Vitamin B6	0.02 mg
Cholesterol	11 mg	Folate (DFE)	132 mcg
Sodium	718 mg	Folic Acid	68 mcg
Total Carbohydrate	67.1 g	Vitamin B12	0.0 mcg
Dietary Fiber	5.9 g	Biotin	NA mcg
Soluble Fiber	0.5 g	Pantothenic Acid	NA mg
Insoluble Fiber	0.7 g	Phosphorus	224 mg
Total Sugars	1.1 g	Iodine	NA mcg
Added Sugars	0.0 g	Magnesium	52 mg
Sugar Alcohols	NA g	Zinc	1.8 mg
Protein	12.4 g	Selenium	NA mcg
Vitamin D	0 mcg	Copper	NA mg
Calcium	555.6 mg	Manganese	NA mg
Iron	5.0 mg	Chromium	NA mcg
Potassium	239 mg	Molybdenum	NA mcg
Vitamin A (RAE)	429 mcg	Chloride	NA mg
Vitamin C	0 mg	Choline	NA mg
NA = Database values for the nutrient do not exist or are incomplete.		Fluoride	NA mg
		Moisture	2.5 %
		Ash	2.4 %
		Whole Grain	43.69 %

GTIN/UPC Code	Type of Package	Net Weight	Servings Per Container
00024100919697	Tote	600 LB	
00024100792634	Case		175
00024100794829	Pouch	0.75 OZ (21g)	1

Product information can change at any time. Always refer to product package for current nutrition and ingredient information.



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 Kellogg Company

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