



Date Created	01/03/18
NLI #	12705
Kosher Status	OU-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

Product Name	Elf Grahams Cinnamon
Flavor Descriptor	
NLI Description	Specialty Channels
Brand	Keebler

Serving Size	1 Package	
Serving Size g	28	
Serving Size oz		
Amount Per Serving		
Calories	120	
Calories from Fat	35	
		% Daily Value*
Total Fat	4 g	6 %
Saturated Fat	1 g	5 %
Trans Fat	0 g	
Polyunsaturated Fat		
Monounsaturated Fat		
Cholesterol	0 mg	0 %
Sodium	105 mg	4 %
Potassium		%
Total Carbohydrate	21 g	7 %
Dietary Fiber	1 g	6 %
Soluble Fiber		
Insoluble Fiber		
Sugars	8 g	
Sugar Alcohol		
Other Carbohydrate		
Protein	2 g	%
Vitamin A		10 %
Vitamin C		0 %
Calcium		10 %
Iron		4 %
Vitamin D		%
Vitamin E		%
Vitamin K		%
Thiamin		%
Riboflavin		%
Niacin		%
Vitamin B6		%
Folic Acid		%
Vitamin B12		%
Biotin		%
Pantothenic Acid		%
Phosphorus		%
Iodine		%
Magnesium		%
Zinc		%
Selenium		%
Copper		%
Manganese		%
Chromium		%
Molybdenum		%

Ingredients:
 WHOLE WHEAT FLOUR, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), SUGAR, VEGETABLE OIL (SOYBEAN AND PALM OIL WITH TBHQ FOR FRESHNESS), HONEY, CONTAINS TWO PERCENT OR LESS OF CALCIUM CARBONATE, MOLASSES, SALT, BAKING SODA, CINNAMON, SOY LECITHIN, VITAMIN A PALMITATE, BHT FOR FRESHNESS.

ALLERGEN INFORMATION:
 CONTAINS WHEAT AND SOY INGREDIENTS.

*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
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

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

Julia M. Jursinic, MS
 Sr. Director, Nutrition Labeling & Regulatory Compliance
 Kellogg Company

Nutrient Contents Per 100g			
Calories	438	Vitamin D	NA IU
Calories from fat	124	Vitamin E	1 IU
Total Fat	13.8 g	Vitamin K	
Saturated Fat	4.4 g	Thiamin	0.35 mg
Polyunsaturated Fat	5.2 g	Riboflavin	0.21 mg
Monounsaturated Fat	3.1 g	Niacin	3.9 mg
Trans Fat	0.2 g	Vitamin B6	0.12 mg
Cholesterol	0 mg	Folic Acid	68 mcg
Sodium	371 mg	Vitamin B12	NA mcg
Potassium	181 mg	Biotin	
Total Carbohydrate	74.8 g	Pantothenic Acid	NA mg
Dietary Fiber	4.9 g	Phosphorus	149 mg
Soluble Fiber	1.0 g	Iodine	
Insoluble Fiber	3.9 g	Magnesium	54 mg
Sugars	27.5 g	Zinc	1.2 mg
Sugar Alcohols	NA g	Selenium	NA mcg
Protein	7.3 g	Copper	NA mg
Vitamin A	1786 IU	Manganese	NA mg
Vitamin C	0 mg	Chromium	
Calcium	357.1 mg	Molybdenum	
Iron	2.6 mg	Moisture	2.5 %
NA = values do not exist or are incomplete.		Ash	1.6 %

GTIN/UPC Code	Type of Package	Net Weight	Servings Per Container
00030100402213	Pouch	1oz (28g)	1
10030100402210	Case	150 - 1oz (28g)	150

Information presented in this document applies to products intended for US consumers only.

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