

Product Name	Cheez It Original
Flavor Descriptor	
NLI Description	Production - 1.5oz (42g)
Brand	KELLOGG'S CHEEZ-IT



Date Created	07-11-22
NLI #	16021b
Kosher Status	OK-D
Product of	U.S.A.

USDA Ounce Equivalents of Grain per Serving	
USDA Ounce Equivalents of Meat/Meat Alternate	
Whole Grains (g/serving)	0
USDA Bioengineered (BE) Status	Contains a bioengineered food ingredient

Serving Size	1 Pouch			
Serving Size g	42			
Serving Size oz				
Amount Per Serving				
Calories	210			
		% Daily Value*		% Daily Value*
Total Fat	11 g	14 %	g	%
Saturated Fat	2.5 g	13 %	g	%
Trans Fat	0 g		g	
Polyunsaturated Fat	5 g		g	
Monounsaturated Fat	3 g		g	
Cholesterol	0 mg	0 %	mg	%
Sodium	320 mg	14 %	mg	%
Total Carbohydrate	24 g	9 %	g	%
Dietary Fiber	<1 g	3 %	g	%
Soluble Fiber	g		g	
Insoluble Fiber	g		g	
Total Sugars	0 g		g	
Includes 0g Added Sugars	0 g	0 %	g	%
Sugar Alcohol	g		g	
Protein	4 g	%	g	%
Vitamin D	0 mcg	0 %	mcg	%
Calcium	40 mg	2 %	mg	%
Iron	1.4 mg	8 %	mg	%
Potassium	40 mg	0 %	mg	%
Vitamin A	mcg	%	mcg	%
Vitamin C	mg	%	mg	%
Vitamin E	mg	%	mg	%
Vitamin K	mcg	%	mcg	%
Thiamin	mg	%	mg	%
Riboflavin	mg	%	mg	%
Niacin	mg	%	mg	%
Vitamin B6	mg	%	mg	%
Folate	mcg DFE		mcg DFE	%
Folic Acid	mcg		mcg	
Vitamin B12	mcg	%	mcg	%
Biotin	mcg	%	mcg	%
Pantothenic Acid	mg	%	mg	%
Phosphorus	mg	%	mg	%
Iodine	mcg	%	mcg	%
Magnesium	mg	%	mg	%
Zinc	mg	%	mg	%
Selenium	mcg	%	mcg	%
Copper	mg	%	mg	%
Manganese	mg	%	mg	%
Chromium	mcg	%	mcg	%
Molybdenum	mcg	%	mcg	%
Chloride	mg	%	mg	%
Choline	mg	%	mg	%
Fluoride	mg	%	mg	%

Ingredients:

Enriched flour (wheat flour, niacin, reduced iron, vitamin B1 [thiamin mononitrate], vitamin B2 [riboflavin], folic acid), **vegetable oil** (high oleic soybean, soybean, palm, and/or canola oil with TBHQ for freshness), **cheese made with skim milk** (skim milk, whey protein, salt, cheese cultures, enzymes, annatto extract color).

Contains 2% or less of salt, paprika, yeast, paprika extract color, soy lecithin.

ALLERGEN INFORMATION:

CONTAINS WHEAT, MILK AND SOY INGREDIENTS.

Nutrient Contents Per 100g

Calories	502	Vitamin E	0 mg
Total Fat	26.3 g	Vitamin K	NA mcg
Saturated Fat	5.8 g	Thiamin	0.49 mg
Trans Fat	0.4 g	Riboflavin	0.3 mg
Polyunsaturated Fat	12.7 g	Niacin (NE)	5.3 mg
Monounsaturated Fat	6.9 g	Vitamin B6	0.03 mg
Cholesterol	2 mg	Folate (DFE)	196 mcg
Sodium	759 mg	Folic Acid	117 mcg
Total Carbohydrate	57.9 g	Vitamin B12	0 mcg
Dietary Fiber	1.9 g	Biotin	NA mcg
Soluble Fiber	0.3 g	Pantothenic Acid	NA mg
Insoluble Fiber	1.5 g	Phosphorus	65 mg
Total Sugars	0.5 g	Iodine	NA mcg
Added Sugars	0 g	Magnesium	15 mg
Sugar Alcohols	0 g	Zinc	0.7 mg
Protein	10 g	Selenium	NA mcg
Vitamin D	0 mcg	Copper	NA mg
Calcium	109.1 mg	Manganese	NA mg
Iron	3.5 mg	Chromium	NA mcg
Potassium	110 mg	Molybdenum	NA mcg
Vitamin A (RAE)	17 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	2.3 %
		Ash	3.5 %
		Whole Grain	0 %

GTIN/UPC Code	Type of Package	Net Weight	Servings Per Container
000 24100 12261 5	Pouch	1.5 OZ (42g)	1
000 24100 12234 9	Case		48
000 24100 12233 2	Caddy	12 OZ (340g)	8
100 24100 12261 2	Case		60
100 24100 12236 0	Case		36
000 24100 12236 3	Carton	54 OZ (3 LB 6 OZ) (1.53kg)	36
000 24100 11171 8	Case		
100 24100 71717 7	Case		
000 24100 71717 0	Carton	67.5OZ (4 LB 3.5 OZ) (1.91kg)	45
000 24100 10811 4	Case		
000 24100 10812 1	Carton	67.5 OZ (4 LB 3.5 OZ)(1.91kg)	
		15 - 1.5 OZ (42g)	
		22 - 1.5 OZ (42g)	22
		8 - 1.5 OZ (42g)	
000 24100 10980 7	Case		200

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

Stefanie Dove, MBA RDN SNS

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