



[Home](#) / [Kellogg Company Us](#) / Sunshine Cheez-it Crackers Original 80oz 1ct, Unprepared

SUNSHINE CHEEZ-IT CRACKERS ORIGINAL 80OZ 1CT,
UNPREPARED - CALORIES

Manufacturer Kellogg Company Us

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PRODUCT INFORMATION AND
INGREDIENTS

Sunshine Cheez-it Crackers Original 80oz 1ct, Unprepared is manufactured by Kellogg Company Us with a suggested serving size of 27 Crackers (30 g) and **calories** per serving. The nutritional value of a suggested serving of sunshine cheez-it crackers original 80oz 1ct, unprepared includes 0 mg of cholesterol, 0 mg of sodium, 17.1 grams of carbohydrates, 0.6 grams of dietary fiber, 0.2 grams of sugar and 3.5 grams of proteins.

The product's manufacturer code is GTIN: 10024100122124.

Calories from fat: a total of % of the calories in the suggested servig of this product come from fat.

Ingredient List

- Enriched Flour (wheat Flour
 - Niacin
 - Reduced Iron
 - Vitamin B1 [thiamin Mononitrate]
 - Vitamin B2 [riboflavin]
 - Folic Acid)
 - Vegetable Oil (soybean And Palm 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

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Suggested Serving

[Standard Serving](#)

Nutrition Facts	
Serving Size 27 Crackers (30 g)	
Amount Per Serving	
Calories	Calories from Fat 0
% Daily Value*	
Total Fat 7.9g	4%
Saturated Fat 1.8g	3%
Trans Fat 0.12g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 17.1g	2%
Dietary Fiber 0.6g	1%
Sugars 0g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 1%	Iron 2%
* Percent Daily Values are based on a 2,000 calorie diet.	

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Sunshine Cheez-it Crackers Original 80oz 1ct, Unprepared Nutritional Value

Nutrient	Suggested Serving 27 Crackers (30 g)	Standard Serving 100g
<u>Water</u>	0.69 g (0%)	2.3 g (0%)
Protein	3.45 g (2%)	11.5 g (7%)

Nutrient	Suggested Serving 27 Crackers (30 g)	Standard Serving 100g
Total Lipid (fat)	7.92 g (4%)	26.4 g (12%)
Ash	0.84 g (0%)	2.8 g (0%)
Carbohydrate, By Difference	17.1 g (2%)	57 g (6%)
Fiber, Total Dietary	0.6 g (1%)	1.9 g (2%)
Sugars, Total	0.15 g (0%)	0.5 g (1%)
Calcium, Ca	40 mg (1%)	135 mg (3%)
Iron, Fe	1.17 mg (2%)	3.9 mg (7%)
Magnesium, Mg	6 mg (0%)	19 mg (1%)
Phosphorus, P	24 mg (1%)	80 mg (2%)
Potassium, K	33 mg (0%)	111 mg (1%)
Sodium, Na	230 mg (3%)	766 mg (10%)
Zinc, Zn	0.24 mg (1%)	0.8 mg (2%)
Vitamin C, Total Ascorbic Acid	0 mg (0%)	0 mg (0%)
Thiamin	0.3 mg (8%)	1 mg (25%)
Riboflavin	0.1 mg (2%)	0.33 mg (8%)
Vitamin B-6	0.01 mg (0%)	0.03 mg (1%)
Folate, Total	52 µg (4%)	173 µg (13%)
Folic Acid	31 µg (0%)	103 µg (0%)
Vitamin B-12	0 µg (0%)	0 µg (0%)
Fatty Acids, Total Saturated	1.77 g (3%)	5.9 g (9%)
Fatty Acids, Total Monounsaturated	2.13 g (0%)	7.1 g (0%)
Fatty Acids, Total Polyunsaturated	3.87 g (0%)	12.9 g (0%)
Fatty Acids, Total Trans	0.12 g (0%)	0.4 g (1%)
Cholesterol	0 mg (0%)	1 mg (0%)

Footnotes

Percent daily values are based on a 2,000 calorie reference diet. Factors like age, gender and level of physical activity may affect your daily required values. The editorial opinions regarding food value or quality in this website are given without warranty, and are not intended to replace medical advice or a nutritionist guidance.

Dietary Recommendations

A healthy eating pattern that accounts for all foods and beverages within an appropriate calorie level could help achieve and maintain a healthy weight and reduce the risk of chronic disease. Healthy eating habits include the following:

- Vegetables from all subgroups, including dark, green, red and orange vegetables and also beans and peas
- A variety of whole fruits
- Grains with at least half of which are whole grains
- Low or fat free dairy products, including milk, yogurt, cheese and/or fortified soy beverages
- Protein foods, including seafood, lean meats and poultry, eggs and nuts
- Oils with limited amounts of saturated fats and trans fats, added sugars, and sodium

Previous

Next

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If you think you may have a medical emergency, please call your doctor or 911 immediately.