

Product Name	Honey Grahams
Flavor Descriptor	
NLI Description	Production
Brand	<b>Keebler</b>



Date Created	01/07/20
NLI #	15005
Kosher Status	OK Pareve
Product of	U.S.A.

USDA Ounce Equivalents of Grain per Serving	0.5
USDA Ounce Equivalents of Meat/Meat Alternate	
Whole Grains (g/serving)	5 g

Serving Size	1 Package	
Serving Size g	14	
Serving Size oz		
Amount Per Serving		
Calories	60	
		<b>% Daily Value*</b>
Total Fat	1.5 g	2 %
Saturated Fat	0 g	0 %
Trans Fat	0 g	
Polyunsaturated Fat		
Monounsaturated Fat		
Cholesterol	0 mg	0 %
Sodium	60 mg	3 %
Total Carbohydrate	11 g	4 %
Dietary Fiber	<1 g	3 %
Soluble Fiber		
Insoluble Fiber		
Total Sugars	3 g	
Includes 3g Added Sugars	3 g	6 %
Sugar Alcohol		
Protein	1 g	
Vitamin D	0 mcg	0 %
Calcium	0 mg	0 %
Iron	0.5 mg	2 %
Potassium	30 mg	0 %
Vitamin A		%
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), **sugar, canola oil, molasses, honey, corn syrup.**

**Contains 2% or less of** leavening (baking soda, sodium acid pyrophosphate, monocalcium phosphate), salt, soy lecithin.

**ALLERGEN INFORMATION:**  
**CONTAINS WHEAT AND SOY INGREDIENTS.**

GTIN/UPC Code	Type of Package	Net Weight	Servings Per Container
10030100384069	Package	0.49 OZ (14g)	1
10030100384066	Case	6.1 LB (2.8kg)	200
		200 - 0.49 OZ (14g) pkgs	

Nutrient Contents Per 100g			
Calories	421	Vitamin E	0 mg
Total Fat	10.9 g	Vitamin K	NA mcg
Saturated Fat	0.9 g	Thiamin	0.40 mg
Trans Fat	0.2 g	Riboflavin	0.23 mg
Polyunsaturated Fat	3.1 g	Niacin (NE)	5.8 mg
Monounsaturated Fat	5.7 g	Vitamin B6	0.13 mg
Cholesterol	0 mg	Folate (DFE)	111 mcg
Sodium	441 mg	Folic Acid	57 mcg
Total Carbohydrate	76.9 g	Vitamin B12	0.0 mcg
Dietary Fiber	5.2 g	Biotin	NA mcg
Soluble Fiber	0.6 g	Pantothenic Acid	NA mg
Insoluble Fiber	3.9 g	Phosphorus	202 mg
Total Sugars	20.2 g	Iodine	NA mcg
Added Sugars	19.9 g	Magnesium	52 mg
Sugar Alcohols	NA g	Zinc	1.1 mg
Protein	8.1 g	Selenium	NA mcg
Vitamin D	0 mcg	Copper	NA mg
Calcium	53.1 mg	Manganese	NA mg
Iron	3.6 mg	Chromium	NA mcg
Potassium	242 mg	Molybdenum	NA mcg
Vitamin A (RAE)	1 mcg	Chloride	NA mg
Vitamin C	0 mg	Choline	NA mg
Fluoride	NA mg	Fluoride	NA mg
Moisture	2.9 %	Moisture	2.9 %
Ash	1.2 %	Ash	1.2 %
Whole Grain	37.61 %	Whole Grain	37.61 %

NA = Database values for the nutrient do not exist or are incomplete.

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

*Bonnie Farmer*

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 Nutrition Labeling & Regulatory Compliance  
 Kellogg Company

