



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

Date Created	03-25-19
NLI #	14265
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

Serving Size	1 Pouch	
Serving Size g	42	
Serving Size oz		
Amount Per Serving		
Calories	210	
		% Daily Value*
Total Fat	11 g	14 %
Saturated Fat	2.5 g	13 %
Trans Fat	0 g	
Polyunsaturated Fat	5 g	
Monounsaturated Fat	3 g	
Cholesterol	0 mg	0 %
Sodium	320 mg	14 %
Total Carbohydrate	24 g	9 %
Dietary Fiber	<1 g	3 %
Soluble Fiber		
Insoluble Fiber		
Total Sugars	0 g	
Includes 0g Added Sugars	0 g	0 %
Sugar Alcohol		
Protein	5 g	
Vitamin D	0 mcg	0 %
Calcium	55 mg	4 %
Iron	1.6 mg	8 %
Potassium	45 mg	0 %
Vitamin A		
Vitamin C		
Vitamin E		
Vitamin K		
Thiamin		
Riboflavin		
Niacin		
Vitamin B6		
Folate		
Folic Acid		
Vitamin B12		
Biotin		
Pantothenic Acid		
Phosphorus		
Iodine		
Magnesium		
Zinc		
Selenium		
Copper		
Manganese		
Chromium		
Molybdenum		
Chloride		
Choline		
Fluoride		

**Ingredients:**  
**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.**

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

Nutrient Contents Per 100g			
Calories	511	Vitamin E	0 mg
Total Fat	26.4 g	Vitamin K	NA mcg
Saturated Fat	5.9 g	Thiamin	0.55 mg
Trans Fat	0.4 g	Riboflavin	0.33 mg
Polyunsaturated Fat	12.9 g	Niacin (NE)	6.5 mg
Monounsaturated Fat	7.1 g	Vitamin B6	0.03 mg
Cholesterol	1 mg	Folate (DFE)	173 mcg
Sodium	766 mg	Folic Acid	103 mcg
Total Carbohydrate	57 g	Vitamin B12	0 mcg
Dietary Fiber	1.9 g	Biotin	NA mcg
Soluble Fiber	0 g	Pantothenic Acid	NA mg
Insoluble Fiber	0 g	Phosphorus	80 mg
Total Sugars	0.5 g	Iodine	NA mcg
Added Sugars	0 g	Magnesium	19 mg
Sugar Alcohols	NA g	Zinc	0.8 mg
Protein	11.5 g	Selenium	NA mcg
Vitamin D	0 mcg	Copper	NA mg
Calcium	134.9 mg	Manganese	NA mg
Iron	3.9 mg	Chromium	NA mcg
Potassium	111 mg	Molybdenum	NA mcg
Vitamin A (RAE)	100 mcg	Chloride	NA mg
Vitamin C	0 mg	Choline	NA mg
		Fluoride	NA mg
		Moisture	2.3 %
		Ash	2.8 %
		Whole Grain	0 %

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

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)	

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