

USDA Ounce Equivalents of Grain per Serving	1
USDA Ounce Equivalents of Meat/Meat Alternate	
Carbohydrates	1 1/2
Fat	1/2
Protein	Free
Diet Exchange	
Whole Grains (g/serving)	10

Date Created	05/11/14
NLI #	10707
Kosher Status	OK-D
Product of	U.S.A.



Ingredients:
 WHOLE WHEAT FLOUR, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B1 [THIAMIN MONONITRATE], VITAMIN B2 [RIBOFLAVIN], FOLIC ACID), SUGAR, CANOLA OIL, CORN SYRUP, HONEY, MOLASSES, CONTAINS 2% OR LESS OF CALCIUM CARBONATE, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE), SALT, ARTIFICIAL FLAVOR, VITAMIN A PALMITATE, BHT FOR FRESHNESS, SOY LECITHIN.

Nutrient Contents Per 100g	
Calories	427
Calories from fat	108
Total Fat	12.0g
Saturated Fat	0.9g
Polyunsaturated Fat	3.4g
Monounsaturated Fat	6.2g
Trans Fat	0.3g
Cholesterol	0mg
Sodium	453mg
Potassium	228mg
Total Carbohydrate	75.6g
Dietary Fiber	5.4g
Soluble Fiber	1.0g
Insoluble Fiber	4.3g
Sugars	21.8g
Sugar Alcohols	NA g
Protein	8.6g
NA = Database values for the nutrient do not exist or are incomplete.	

ALLERGEN INFORMATION:
 CONTAINS WHEAT AND SOY INGREDIENTS.

Other Required Statements:

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	2,000	2,500	Print value if "Y"
Total Fat	65g	80g	Y
Sat. Fat	20g	25g	Y
Cholesterol	300mg	300mg	Y
Sodium	2,400mg	2,400mg	Y
Potassium	3,500mg	3,500mg	Y
Total Carbohydrate	300g	375g	Y
Dietary Fiber	25g	30g	Y
Protein	50g	65g	Y

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

Product Name	Honey Grahams
Flavor Descriptor	
NLI Description	Production - Bulk
Brand	KEEBLER

Serving Size	4 Crackers
Serving Size g	28
Serving Size oz	
Amount Per Serving	
Calories	120
Calories from Fat	30

	% Daily Value*	% Daily Value*	% Daily Value*
Total Fat	3.5 g	5 %	g
Saturated Fat	0 g	0 %	g
Trans Fat	0 g	0 %	g
Polyunsaturated Fat	g		g
Monounsaturated Fat	g		g
Cholesterol	0 mg	0 %	mg
Sodium	125 mg	5 %	mg
Potassium	mg	%	mg
Total Carbohydrate	21 g	7 %	g
Dietary Fiber	2 g	6 %	g
Soluble Fiber	g		g
Insoluble Fiber	g		g
Sugars	6 g	g	g
Sugar Alcohol	g		g
Other Carbohydrate	g		g
Protein	2 g	g	g
Vitamin A	15 %	%	%
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	%	%	%

GTIN/UPC Code	Type of Package	Net Weight	Servings Per Container
000 30100 20248 6	Case	10 lb (4.5kg)	About 162

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