

## Smart Snacks Product Calculator Results

Brand:  
**Kellogg's**

Product Name:  
**Whole Grain Cheez-Its**

Serving Size:  
**21.00 g**

First Ingredient:  
**Whole Wheat Flour**

Your whole grain product meets all  
nutrient standards.

## Nutrition Facts

Serving Size 21.00 g ⓘ

Servings Per Container

Amount Per Serving

**Calories** 100

**Calories from Fat** 30

**Total Fat (g)** 3.5

Saturated Fat (g) 1

Trans Fat (g) 0

**Sodium (mg)** 150

**Carbohydrates**

Sugars (g) 0

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA

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FOUNDED BY:

