

Graham Cracker Nutrition Facts and Ingredient List



Nutrition Facts

Serving Size 8 crackers (31g)
(1 serving = 2 full cracker sheets)
Servings Per Container About 13

Amount Per Serving

Calories 130 Calories from Fat 25

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 0g **0%**

Trans Fat 0g

Polyunsaturated Fat 1.5g

Monounsaturated Fat 0.5g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Potassium 50mg **1%**

Total Carbohydrate 25g **8%**

Dietary Fiber 1g **4%**

Sugars 8g

Protein 2g

Vitamin A 0%

• Vitamin C 0%

Calcium 0%

• Iron 4%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE {VITAMIN B1}, RIBOFLAVIN {VITAMIN B2}, FOLIC ACID), GRAHAM FLOUR (WHOLE GRAIN WHEAT FLOUR), SUGAR, SOYBEAN OIL, HONEY, LEAVENING (BAKING SODA AND/OR CALCIUM PHOSPHATE), SALT, SOY LECITHIN, ARTIFICIAL FLAVOR.

CONTAINS: WHEAT, SOY.

MONDELEZ GLOBAL LLC

EAST HANOVER, NJ 07936 USA

MADE IN MEXICO

**THE DQ, BLIZZARD, AND ELLIPSE SHAPED LOGO TRADEMARKS
USED WITH PERMISSION. AM. D.Q. CORP.**