

Nutritional Information Per 100 Grams
720-Graham Cracker Cookie Crumbs

Spreadsheet

Item Name	Quantity	Measure	Wgt (g)	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)
720	1 Serving		100.00	434.30	12.41	6.05	0.09	0.12
Total	1 Serving		100.00	434.30	12.41	6.05	0.09	0.12
Item Name	Carb (g)	Fib(16) (g)	Sugar (g)	SugAdd (g)	Prot (g)	Ash (g)	Water (g)	VitA-IU (IU)
720	73.02	3.50	17.48	17.22	6.98	1.49	5.00	0
Total	73.02	3.50	17.48	17.22	6.98	1.49	5.00	0
Item Name	Vit C (mg)	Vit D-mcg (mcg)	Folate (mcg)	Fol-Acid (mcg)	Iron (mg)	Pot (mg)	Calc (mg)	Sod (mg)
720	0.26	0	0	0	4.56	148.73	19.66	498.39
Total	0.26	0	0	0	4.56	148.73	19.66	498.39

01/31/2025

Nutrition Facts	
servings per container	
Serving size	(100g)
Amount per serving	
Calories	430
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 500mg	22%
Total Carbohydrate 73g	27%
Dietary Fiber 4g	14%
Total Sugars 17g	
Includes 17g Added Sugars	34%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 4.6mg	25%
Potassium 150mg	4%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	