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Crackers

Source: Member

Food Search

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Keebler Honey Grahams Crackers

Nutrition summary:

Calories 60	Fat 1.5g	Carbs 11g	Protein 1g
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There are 60 calories in a 2 crackers serving of Keebler Honey Grahams Crackers.

Calorie breakdown: 22% fat, 72% carbs, 7% protein.

Total Fat 1.5g	2%
Saturated Fat 0g	0%
Monounsaturated Fat 0g	
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 60mg	2%
Total Carbohydrate 11g	4%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 1g	
Vitamin A 6%	Vitamin C 0%
Calcium 6%	Iron 2%

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Information for this food was submitted to the FatSecret food database by member chiberry77 on 11 Jan 12.

Is this information inaccurate or incomplete? Click here to edit.

3% of RDI* (60 calories)

Calorie Breakdown:

- Carbohydrate (71%)
- Fat (22%)
- Protein (7%)



* Based on a RDI of 2000 calories

What is my Recommended Daily Intake (RDI)?

Photos



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Related Crackers from Keebler:

- All Bran
- All Bran Original
- Animal Crackers (29g)
- Animal Crackers (40g)
- Buttery Garlic Club Crackers
- Cheese & Cheddar Sandwich Crackers

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More Products from Keebler:

- Graham Snacks Honey
- Keebler Cereal
- Ready Crust Graham Pie Crust
- Fudge Covered Coconut Dreams Cookies
- Finding Dory Graham Snacks

view all keeblers products

Other Types of Crackers:

- Crackers
- Saltine Crackers
- Wheat Crackers
- Whole Wheat Crackers
- Cheese Crackers
- Oyster Crackers

view more crackers nutritional info

Add this item to my food diary

date: Today - 11/08/17

meal: Breakfast

name: Honey Grahams Crackers

amount: 1 x 2 crackers

Saved Cancel

Other Recently Popular Foods:

- Nabisco Wheat Thins - Reduced Fat
- Grace Animal Crackers
- 34-Degrees Vanilla Crisps
- Nabisco Good Thins The Best One
- Trader Joe's Rice Cracker Medley
- Baker's Harvest Thin Wheat Crackers
- Savoritz Hot & Spicy Cheese Crackers
- Townhouse Flip Side Thins
- Wellisley Farms Original Wheat Entertainment Crackers
- Jovial Organic Sourdough Crackers

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