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Graham crackers nutrition facts and analysis. Graham crackers contains 1.4 g of saturated fat and 0 mg of cholesterol per serving. Please consult with your doctor before making any changes to your diet. 85 g of Graham crackers contains IU vitamin A, 0.0 mg of vitamin C and 0.00 mcg of vitamin D as well as 3.21 mg of iron, 65.45 mg of calcium and 145 mg of potassium. Nutrition labels presented on this site is for illustration purposes only. Nutritional value of a cooked product is provided for the given weight of cooked food. The latter is 21 g sugar and 2.9 g of dietary fiber, the rest is complex carbohydrate. If you do click them, thank you! Data from USDA National Nutrient Database. Contribute to this site | Contact webmaster NutritionValue.Org - Nutrition facts exposed Terms and Conditions | Privacy Policy Copyright 2022 NutritionValue.org All rights reserved You're taking control of your fitness and wellness journey, so take control of your data, too. Main info: Graham crackers Cookies, plain or honey (includes cinnamon) 1 cracker (2-1/2" square) 30.1 Calories 5.4 g 0.7 g 0.5 g 0.2 g 0 mg 0.1 g 32.1 mg 1.7 g 0.0 g Report a problem with this food Report a problem with this food Note: Any items purchased after clicking our Amazon buttons will give us a little referral bonus. By continuing to use MyFitnessPal, you are acknowledging and agreeing to the updated MyFitnessPal Terms and Conditions of Use and Privacy Policy. Please let us know if you have any suggestions on how to make this website better. Printed from Select portion size: Nutrition Facts Portion Size85 g Amount Per Portion366 Calories % Daily Value \* Total Fat 9g 12 % Saturated Fat 1.4g 7 % Sodium 439mg 19 % Total Carbohydrate 66g 24 % Dietary Fiber 2.9g 10 % Sugar 21g Protein 5.7g 11 % Vitamin D 0mcg 0 % Calcium 65mg 5 % Iron 3.2mg 18 % Potassium 145mg 3 % \* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. All data displayed on this site is for general informational purposes only and should not be considered a substitute of a doctor's advice. Learn more about your rights and options.Our Terms and Conditions of Use and Privacy Policy have been updated. Graham crackers belong to 'Cookies and brownies' food category. This serving contains 9 g of fat, 5.7 g of protein and 66 g of carbohydrate. Daily values are based on 2000 calorie diet and 155 lbs body weight (change). This page may contain affiliate links to products through which we earn commission used to support this website development and operations. Food images may show a similar or a related product and are not meant to be used for food identification. 2000 calories a day is used for general nutrition advice. Share by URL Download spreadsheet (CSV) Proteins and AminoacidsNutrientAmount DVProtein 5.69 g11 % SterolsNutrientAmount DVCholesterol 0.00 mg0 % Graham crackers contains 366 calories per 85 g serving. Actual daily nutrient requirements might be different based on your age, gender, level of physical activity, medical history and other factors.



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