

200710 - Honey Cheerios Gluten Free Cereal Single Serve Cup 60...

Enjoy Honey Cheerios, the sweetened with a touch of real honey, whole grain cereal in ring shaped cereal in a cup format that leaves room for milk. This ready-to-eat cup provides convenient single serve portion control and room for milk. Gluten-free. Whole Grain Oats—first ingredient. Meets 2 ounce equivalent grains, USDA Smart Snack criteria and Gluten-Free.



MARKETING

Get real honey, natural flavor in Honey Cheerios gluten-free cereal.. Dry cereal comes in a branded, 2 oz, single serve cup - 60 per case.. This ready-to-eat cup provides convenient portion control and room for milk. Great for breakfast in the classroom, or as a grab 'n go item.. Gluten free, Kosher and gelatin free. Contains no artificial flavors and no colors from artificial sources.. For USDA Child Nutrition Programs: meets 2 ounce equivalent grain standard, whole grain rich criteria, and USDA Smart Snacks criteria.

Nutrition Facts

60 Servings per container	
Serving Size	1 container
Amount Per Serving	
Calories	210
% Daily Value*	
Total Fat 3	4%
Saturated Fat 0.5 g	3%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 340 mg	15%
Total Carbohydrates 44 g	16%
Dietary Fiber 5 g	17%
Total Sugars 12 g	
Includes 12 g Added Sugars	24%
Protein 6 g	
Vitamin D 5.3 mcg 25%	
Calcium 170 mg 10%	
Iron 4.8 mg 25%	
Potassium 260 mg 6%	
* The % Daily Values (DV) 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.	

PRODUCT SPECIFICATIONS

Code		Dist Prod Code		GTIN		Calculated Pack	
18448000		200710		10016000184487		60/2 OZ	
Brand	Brand Owner			GPC Description			
Cheerios	GENERAL MILLS SALES INC.			Cereals Products - Ready to Eat (Shelf Stable)			
Gross Weight	Net Weight	Case/Catch Weight		Country Of Origin		Kosher	Child Nutrition
12.000 LBR	7.50 LBR	No		United States		Yes	No
Shipping							
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To	
16.500 INH	12.250 INH	23.000 INH	2.69000 FTQ	9x4	312 Days	32 FAH / 95 FAH	
Traceability Regulation							
Regulation Type Code		Regulatory Act	Trade Item Regulation Compliant			Regulation Restrictions and Descriptors	
N/A		N/A	N/A			N/A	

HANDLING SUGGESTIONS

Keep in a cool, dry place

ALLERGENS

- C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; 30 = 'Free From Not Tested'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'
- Milk - 30

Eggs - 30

Soybean - 30

Wheat - 30

Sesame - 30

Pine Nuts - 30

Cashews - 30

Macadamia Nuts - 30

Coconuts - 30

Brazil Nuts - 30

Walnuts - 30

X99 - UN
- Peanuts - 30

Tree - 30

Fish - 30

Shellfish - NI

Crustaceans - 30

Almonds - 30

Hazelnuts - 30

Chestnuts - 30

Pecan Nuts - 30

Pistachios - 30

Molluscs - 30

INGREDIENTS

Whole Grain Oats, Sugar, Corn Starch, Honey, Brown Sugar Syrup, Salt, Tripotassium Phosphate, Canola and/or Sunflower Oil, Natural Flavor. Vitamin E (mixed tocopherols) Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Vitamin C (sodium ascorbate), Iron and Zinc (mineral nutrients), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), Vitamin B2 (riboflavin), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.

Cheerios

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PREPARATION & COOKING SUGGESTIONS

Ready to eat

SERVING SUGGESTIONS

One Cup

MORE INFORMATION

NUTRITIONAL ANALYSIS

Calories	210	Total Fat	3	Sodium	340 mg
Protein	6 g	Trans Fat	0 g	Calcium	170 mg
Total Carbohydrates	44 g	Saturated Fat	0.5 g	Iron	4.8 mg
Sugars	12 g	Added Sugars	12 g	Potassium	260 mg
Dietary Fiber	5 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0 mg		
Vitamin A (IU)		Vitamin D	5.3 mcg	Thiamin	
Vitamin A (RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

NUTRITIONAL CLAIMS

CHOLESTEROL	LOW	IRON	EXCELLENT_SOURCE_OF	ENERGY	SOURCE_OF
FAT	LOW	CHOLESTEROL	FREE_FROM	IRON	GOOD_SOURCE_OF
PARTIALLY_HYDROGENATED_VEGETABLE_OIL	FREE_FROM	TRANS_FAT	FREE_FROM	HIGH_FRUCTOSE_CORN_SYRUP	FREE_FROM
WHOLE_GRAIN	CONTAINS	GLUTEN	FREE_FROM	MSG	FREE_FROM
VEGETARIAN	YES	KOSHER	YES	FREE_FROM_GLUTEN	YES

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