

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 (56g)
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 mcg25%	
Calcium 170 mg10%	
Iron 4.8 mg25%	
Potassium 260 mg6%	
* 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

HANDLING SUGGESTIONS

Keep in a cool, dry place

SERVING SUGGESTIONS

One Cup

PREPARATION & COOKING SUGGESTIONS

ready to eat

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.

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

MORE INFORMATION

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NUTRITIONAL ANALYSIS



Calories	210
Protein	6 g
Total Carbohydrates	44 g
Sugars	12 g
Dietary Fiber	5 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	3
Trans Fat	0 g
Saturated Fat	0.5 g
Added Sugars	12 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	5.3 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	340 mg
Calcium	170 mg
Iron	4.8 mg
Potassium	260 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS



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

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