

200834 - Honey Nut Cheerios Gluten Free Cereal Single Serve Cu...

Enjoy the real honey, natural almond flavor and sweetened whole grains in Honey Nut Cheerios. This ready-to-eat cup provides convenient portion control and room for milk. Gluten free, Kosher compliant and made without gelatin. Contains no artificial flavors and no colors from artificial sources.



MARKETING

Get real honey, natural almond flavor and sweetened whole grains in Honey Nut 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, or as a grab 'n go item.. Gluten free, Kosher compliant and made without gelatin. Contains no artificial flavors and no colors from artificial sources.

Nutrition Facts

60 Servings per container	
Serving Size	1 container
Amount Per Serving	
Calories	210
% Daily Value*	
Total Fat 2.5	3%
Saturated Fat 0.5 g	3%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 320 mg	14%
Total Carbohydrates 45 g	17%
Dietary Fiber 4 g	15%
Total Sugars 19 g	
Includes 19 g Added Sugars	37%
Protein 5 g	
Vitamin D 6 mcg	30%
Calcium 190 mg	15%
Iron 5.4 mg	30%
Potassium 220 mg	4%
* 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	
14882000	200834		10016000148823		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
11.050 LBR	7.500 LBR	No		United States	Yes	No
Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
16.500 INH	12.250 INH	18.000 INH	2.10500 FTQ	9x5	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
- Peanuts - 30
- Tree - C
- Fish - 30
- Shellfish - NI
- Crustaceans - 30
- Almonds - C
- 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 Almond 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 Bowl

MORE INFORMATION

NUTRITIONAL ANALYSIS

Calories	210	Total Fat	2.5	Sodium	320 mg
Protein	5 g	Trans Fat	0 g	Calcium	190 mg
Total Carbohydrates	45 g	Saturated Fat	0.5 g	Iron	5.4 mg
Sugars	19 g	Added Sugars	19 g	Potassium	220 mg
Dietary Fiber	4 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0 mg		
Vitamin A (IU)		Vitamin D	6 mcg	Thiamin	
Vitamin A (RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

NUTRITIONAL CLAIMS

CALCIUM	GOOD_SOURCE_OF	ARTIFICIAL_SWEETENERS	FREE_FROM	WHOLE_GRAIN	CONTAINS
VITAMIN_D	GOOD_SOURCE_OF	CHOLESTEROL	FREE_FROM	VITAMIN_D	EXCELLENT_SOURCE_OF
ENERGY	SOURCE_OF	FIBRE	GOOD_SOURCE_OF	WHOLE_GRAIN	EXCELLENT_SOURCE_OF
ARTIFICIAL_FLAVOUR	FREE_FROM	IRON	GOOD_SOURCE_OF	SATURATED_FAT	LOW
TRANS_FAT	FREE_FROM	IRON	EXCELLENT_SOURCE_OF	HIGH_FRUCTOSE_CORN_SYRUP	FREE_FROM
GLUTEN	FREE_FROM	CHOLESTEROL	LOW	FAT	LOW
MSG	FREE_FROM	VEGETARIAN	YES	FREE_FROM_GLUTEN	YES
KOSHER	YES				

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