

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 single serve portion control and room for milk. Whole Grain Oats—first ingredient. Meets 2 ounce equivalent grains, USDA Smart Snack criteria and Gluten-Free.



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 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.



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	7.50 LBR	No	United States	Yes	No

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
16.500 INH	12.250 INH	18.000 INH	2.10500 FTQ	9x5	312 Days	32 FAH / 95 FAH

HANDLING SUGGESTIONS



Keep in a cool, dry place

SERVING SUGGESTIONS



One Bowl

PREPARATION & COOKING SUGGESTIONS



Ready to eat

Nutrition Facts

60 Servings per container

Serving Size1 container

Amount Per ServingCalories210

% Daily Value*

Total Fat 2.53%

Saturated Fat 0.5 g3%

Trans Fat 0 g

Cholesterol 0 mg0%

Sodium 320 mg14%

Total Carbohydrates 45 g17%

Dietary Fiber 4 g15%

Total Sugars 19 g

Includes 19 g Added Sugars37%

Protein 5 g

Vitamin D 6 mcg30%

Calcium 190 mg15%

Iron 5.4 mg30%

Potassium 220 mg4%

* 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.

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.

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



Peanuts - 30



Eggs - 30



Tree - C



Soybean - 30



Fish - 30



Wheat - 30



Shellfish - NI



Sesame - 30



Crustaceans - 30



Pine Nuts - 30



Almonds - C



Cashews - 30



Hazelnuts - 30



Macadamia Nuts - 30



Chestnuts - 30



Coconuts - 30



Pecan Nuts - 30



Brazil Nuts - 30



Pistachios - 30

MORE INFORMATION



Cheerios

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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	Thiamin	
Vitamin A (IU)		Vitamin D	6 mcg	Niacin	
Vitamin A (RE)		Vitamin E		Riboflavin	
Vitamin C		Folate		Vitamin B-12	
Magnesium		Vitamin B-6		Nitrates	
Monosodium		Sulphites			

NUTRITIONAL CLAIMS

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

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