

200834 - Honey Nut Cheerios(TM) Cereal Single Serve K12 2oz Eq...

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.

Nutrition Facts

60 Servings per container	
Serving Size	1 container
Amount Per Serving	
Calories	210
% Daily Value*	
Total Fat 2.5 g	3%
Saturated Fat 0.5 g	3%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 320 mg	14%
Total Carbohydrates 45 g	16%
Dietary Fiber 4 g	14%
Total Sugars 19 g	
Includes 19 g Added Sugars	38%

Protein 5 g	
Vitamin D	15%
Calcium	15%
Iron	30%
Potassium	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	7.50 LBR	No	United States	Yes	No

Shipping						
Length	Width	Height	Volume	TlxHl	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

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 Nuts - C
- Soy - 30
- Fish - 30
- Wheat - 30
- Shellfish - NI
- Sesame - 30

SERVING SUGGESTIONS

One Bowl

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.

HANDLING SUGGESTIONS

Keep in a cool, dry place

PREPARATION & COOKING SUGGESTIONS

Ready to eat

MORE INFORMATION

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NUTRITIONAL ANALYSIS



Calories	210
Protein	5 g
Total Carbohydrates	45 g
Sugars	19 g
Dietary Fiber	4 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	2.5 g
Trans Fat	0 g
Saturated Fat	0.5 g
Added Sugars	19 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	320 mg
Calcium	
Iron	
Potassium	
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS



VEGETARIAN	YES
KOSHER	YES

FREE_FROM_GLUTEN	YES
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PLANT_BASED	YES
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MORE IMAGES

