



Honey Nut Cheerios™ Cereal Single Serve Bowlpak 1 oz

A sweetened twist on the classic cereal, Honey Nut Cheerios™ is a whole grain gluten-free cereal in ring-shaped pieces with real honey and natural almond flavoring in a ready-to-eat bowl for convenient, single serve portion control. Made without gelatin. For USDA Child Nutrition Programs: meets 1 ounce equivalent grain, whole grain-rich criteria, and USDA Smart Snacks criteria.

Product Information:

PRODUCT CODE:	11918000
UPC:	16000119185
GTIN:	10016000119182
UNIT SIZE:	1
CASE COUNT:	96
ATTRIBUTES:	Kosher No Artificial Flavors 1 oz. Eq. Grain Zero Trans Fat Whole Grain No Gelatin No High Fructose Corn Syrup Gluten Free



Ingredients & Allergens

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.

CONTAINS ALMOND INGREDIENTS.

Preparation Instructions

Ready to eat

Package Information:

NET WEIGHT:	N/A
VOLUME:	1.8 CF
HEIGHT:	14.1
LENGTH:	16.8

WIDTH:
CASE SIZE:

96
13

Nutrition Facts

Serving Size		1 Bowl (28g)	100g	
Calories		As Packaged 110	As Packaged 389	
		% DV	% DV	
Total Fat	1.5g	2%	6g	
Saturated Fat	0g	0%	0g	
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	
Sodium	160mg	7%	556mg	
Total Carbohydrate	23g	8%	81g	
Dietary Fiber	2g	7%	8g	
Soluble Fiber	<1g		<3g	
Total Sugars	9g		33g	
Incl. Added Sugars	9g	18%	33g	
Protein	2g		8g	
Vitamin D		6%	6mcg	
Calcium		6%	361mg	
Iron		15%	10mg	
Potassium		2%	389mg	
Vitamin A		6%	833IU	
Vitamin C		6%	25mg	
Thiamin		15%	1mg	
Riboflavin		6%	0mg	
Niacin		6%	4mg	

Vitamin B6	15%	1mg
Folate	15%	222mcg
Folic Acid	35mcg	125mcg
Vitamin B12	15%	1mcg
Phosphorus	8%	306mg
Magnesium	8%	97mg
Zinc	15%	6mg

* Percent Daily Value (DV) are based on a 2,000 calorie diet

* Not a significant nutrient source

* Nutritional information is subject to change. See product label to verify ingredients and allergens.

* Do not eat raw dough or batter.

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Product Photos:





