



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 cost-effective, 39 oz bulk packaging for less waste and great labor savings.

Product Information:

PRODUCT CODE:	11988000
UPC:	16000119888
GTIN:	10016000119885
UNIT SIZE:	39
CASE COUNT:	4
ATTRIBUTES:	Kosher No Artificial Flavors No Colors from Artificial Sources 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:	4 - 2 LB 7 OZ (39 OZ) (1.1kg) UNITS NET WT 9.75 LB (4.4kg)
VOLUME:	1.8 CF
HEIGHT:	16.6
LENGTH:	20
WIDTH:	4
CASE SIZE:	9.5

Nutrition Facts

1 cup with 3/4 cup skim milk (221g)			1 cup (37g)		100 g (100g)	
Serving Size						
			Honey Nut Cheerios		Honey Nut Cheerios	
Calories			140		380	
% DV			% DV			
Total Fat	2g	3%	2g	2%	5g	
Saturated Fat	0g	3%	0g	-	1g	
Trans Fat	0g		0g		0g	
Polyunsaturated	0g		0g		2g	
Monounsaturated	1g		0g		2g	
Cholesterol	5mg	1%	0mg	-	0mg	
Sodium	290mg	12%	210mg	9%	570mg	
Total Carbohydrate	39g	14%	30g	11%	81g	
Dietary Fiber	3g	10%	3g	10%	8g	
Soluble Fiber	1g		1g		4g	
Total Sugars	22g	-	12g	-	34g	
Incl. Added Sugars	12g	24%	12g	24%	33g	
Protein	9g		3g		9g	
Vitamin D	6µg	30%	4µg	20%	11µg	
Calcium	350mg	25%	130mg	10%	350mg	
Iron	4mg	20%	4mg	20%	10mg	
Potassium	430mg	8%	150mg	4%	400mg	
Vitamin A	-	20%	-	10%	240µg	
Vitamin C	-	10%	-	10%	24mg	
Thiamin	-	25%	-	20%	1mg	
Riboflavin	-	35%	-	10%	0mg	
Niacin	-	10%	-	10%	4mg	
Vitamin B6	-	20%	-	20%	1mg	
Folate	-	20%	-	20%	215µg	
Folic Acid	45µg	-	45µg	-	120µg	
Vitamin B12	-	50%	-	20%	1µg	
Zinc	-	25%	-	20%	6mg	
Water	-	-	-	-	1g	

Ash	-	-	-	4g
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* The % Daily Value (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.

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

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