



Honey Nut Cheerios™ Cereal Single Serve Bowlpak 1 OZ



NUTRITION

Nutrition Facts

Serving Size: 1 Bowl (28g)

Amount Per Serving

As Packaged

Calories 110

% Daily Value %

Total Fat 1.5g 2%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 160mg 7%
Total Carbohydrate 23g 8%
Dietary Fiber 2g 7%

Soluble Fiber <1g

Total Sugars 9g

Includes 9g Added Sugars

18%

Protein 2g

Vitamin D 6%
Calcium 6%
Iron 15%
Potassium 2%
Vitamin A 6%
Vitamin C 6%
Thiamin 15%
Riboflavin 6%
Niacin 6%
Vitamin B6 15%
Folate 15%

PACKAGING

Base Product Code: 11918000	Unit Weight: 1 OZ
GTIN: 10016000119182	Gross Case Weight: 9.20 LB
Units Per Case: 96	Net Case Weight: 6 LB
Pallet Info: Layer: 9, High: 7, Pal Qty: 63	Case Dimensions (in): 16.75 (L) X 13 (W) X 14.12 (H)
	Kosher: OU: KOSHER PAREVE

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: CONTAINS ALMOND INGREDIENTS.

GENERAL DESCRIPTION

A sweetened twist on the classic cereal, Honey Nut Cheerios(TM) 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.

PREP & SERVING

READY_TO_EAT : Ready to eat One Bowlpak

BENEFITS

Classic and long time favorite, Honey Nut Cheerios are gluten free and made with whole grain. Contains no artificial flavors and no colors from artificial sources. This ready-to-eat bowl provides convenient portion control and room for milk. Great for breakfast, or as a grab 'n go snack. For USDA Child Nutrition Programs: meets 2 ounce equivalent grain standard, whole grain-rich criteria, and USDA Smart Snacks criteria. General Mills offers 8 of the top 10 K-12 bowlpaks. Great for use in K-12 schools and healthcare.

(10mcg Folic Acid)

Vitamin B12	15%
Phosphorus	8%
Magnesium	8%
Zinc	15%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

* - Not a significant nutrient source

NUTRITION

Nutrition Facts

Serving Size: 100g

Amount Per Serving

As Packaged

Calories 389

% Daily Value %

Total Fat 6g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 556mg

Total Carbohydrate 81g

Dietary Fiber 8g

Soluble Fiber <3g

Total Sugars 33g

Includes 33g Added Sugars

Protein 8g

Vitamin D 6mcg

Calcium 361mg

Iron 10mg

Potassium 389mg

Vitamin A 833IU

Vitamin C 25mg

Thiamin 1mg

Riboflavin 0mg

Niacin 4mg

Vitamin B6 1mg

Folate 222mcg

(10mcg Folic Acid)

Vitamin B12 1mcg

Phosphorus 306mg

Magnesium 97mg

Zinc 6mg

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

* - Not a significant nutrient source

PRODUCT BREAKDOWN

STORAGE DETAILS

Keep in a dry cool place

UPC BARCODE



10016000119182

General Mills Proprietary and Confidential information. All data is deemed accurate as of 3/7/2023. Please contact General Mills for the most recent product information.

GMI HONEY NUT CHEERIOS	'1600011	
CRL BP 1OZ	9185	96