



G MILLS

057002 - Cereal Assorted Goodness Cup Gf S/O

Variety pack of General Mills cereals in a convenient single serve portion for the on-the-go patron: 12 gluten-free Cheerios(TM), 14 gluten-free Honey Nut Cheerios(TM), 8 gluten-free Rice Chex(TM), 6 gluten-free Cinnamon Chex(TM), 8 Nature Valley(TM) low fat granola fruit medley, 6 Total(TM) whole grain, and 6 gluten-free Multigrain Cheerios(TM) cereals



Nutrition Facts

Servings per Container 60
Serving size 1container(110g)

Amount per serving
Calories 450

	% Daily Value*
Total Fat 8g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 85g	31%
Dietary Fiber 6g	21%
Total Sugars 37g	
Includes 29g Added Sugar	58%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 2.9mg	16%
Potassium 300mg	6%

* 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.

* Benefits

Ingredients

SEE INDIVIDUAL FLAVORS

⚠ Allergens

Contains:



wheat

Handling Suggestions

Store in cool dry location

Serving Suggestions

One Cup

Prep & Cooking Suggestions

Ready to Eat

📄 Product Specifications

Brand	Manufacturer	Product Category
G MILLS	GENERAL MILLS, INC.	Cereal

MFG #	SPC #	GTIN	Pack	Pack Desc.
31154000	057002	10016000311548	60	60/2.02 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
11lb	7.58lb	USA		No

Shipping Information						
Length	Width	Height	Volume	TLxHI	Shelf Life	Storage Temp From/To
16.5in	12.25in	18in	2.11ft3	9x5	252DAYS	40°F / 111°F



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Nutrition Analysis - By Serving

Calories	450	Total Fat	8g	Sodium	180mg
Protein	8	Trans Fats	0g	Calcium	50mg
Total Carbohydrates...	85g	Saturated Fat	1g	Iron	2.9mg
Sugars	37g	Added Sugars	29g	Potassium	300mg
Dietary Fiber	6g	Polyunsaturated Fat	2g	Zinc	
Lactose		Monounsaturated Fat	4.5g	Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

Additional Images



Nutrition Facts Serving size: 1 container (110g), Amount per serving: **Calories 450**, **Total Fat** 8g (11% DV), Saturated Fat 1g (6% DV), Trans Fat 0g, Polyunsaturated Fat 2g, Monounsaturated Fat 4.5g, **Cholesterol** 0mg (0% DV), **Sodium** 180mg (8% DV), **Total Carb.** 85g (31% DV), Dietary Fiber 6g (22% DV), Total Sugars 37g (Incl. 29g Added Sugars, 59% DV), **Protein** 8g, Vitamin D (0% DV), Calcium (4% DV), Iron (10% DV), Potassium (6% DV), % DV = % Daily Value