G MILLS

057766 - Cereal Honey Nut Cheerios Bowlpak

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 Oatsfirst ingredient. Meets 2 ounce equivalent grains, USDA Smart Snack criteria and Gluten-Free.

SGC FOODSERVICE

Nutrition Facts

Servings per Container	**60**
Serving size	**1container(56g)**
Amount per serving	
Calories	**210**
	% Daily Value*
Total Fat 2.5g	**3%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 320mg	**14%**
Total Carbohydrate 45g	**16%**
Dietary Fiber 4g	**14%**
Total Sugars 19g	
Includes 19g Added Sugar	**38%**
Protein 5g	
Vitamin D 3mcg	**15%**
Calcium 200mg	**15%**
Iron 5.4mg	**30%**
Potassium 220mg	**5%**

* 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

WHOLE GRAIN OATS, SUGAR, OAT BRAN, CORN STARCH, HONEY, BROWN SUGAR SYRUP, SALT, TRIPOTASSIUM PHOSPHATE, CANOLA OIL, NATURAL ALMOND FLAVOR. VITAMIN E (MIXED TOCOPHEROLS) ADDED TO PRESERVE FRESHNESS.VITAMINS AND MINERALS: CALCIUM CARBONATE, ZINC AND IRON (MINERAL NUTRIENTS), VITAMIN C (SODIUM ASCORBATE), A B VITAMIN (NIACINAMIDE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B2 (RIBOFLAVIN), VITAMIN B1 (THIAMIN MONONITRATE), VITAMIN A (PALMITATE), A B VITAMIN (FOLIC ACID), VITAMIN B12, VITAMIN D3.

Allergens

Handling Suggestions

Keep in a dry cool place

Serving Suggestions

One Bowl

Prep & Cooking Suggestions

Ready to Eat

Product Specifications

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

MFG #	SPC #	GTIN	Pack	Pack Desc.
1600014882	057766	10016000148823	60	60/2 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
11lb	7.5lb	USA	Yes	No

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
16.5in	12.25in	18in	2.11ft3	9x5	312DAYS	40°F / 111°F

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Nutrition Analysis - By Serving

Calories	210	Total Fat	2.5g	Sodium	320mg
Protein	5	Trans Fats	0g	Calcium	200mg
Total Carbohydrates•••	45g	Saturated Fat	0.5g	Iron	5.4mg
Sugars	19g	Added Sugars	19g	Potassium	220mg
Dietary Fiber	4g	Polyunsaturated Fat	1g	Zinc	1.7
Lactose		Monounsaturated Fat	1g	Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•	140	Vitamin D	3mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	14mg	Folate	120mg	Riboflavin	0.2mg
Magnesium		Vitamin B-6		Vitamin B-12•	
Monosodium		Sulphites		Nitrates	

Additional Images

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