



G MILLS

059608 - Cereal Honey Cheerios Gf Bowlpak

Sweetened with a touch of real honey, whole grain cereal in ring shaped cereal in a bowlpak format. Gluten-free. Whole grain oats - first ingredient. In a ready-to-eat bowl for convenient, single serve portion control. For USDA Child Nutrition Programs: meets 1 ounce equivalent grain, whole grain-rich criteria, USDA Smart Snacks criteria, and is CACFP eligible.



Nutrition Facts

Servings per Container	96
Serving size	1bowl (28g)
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 22g	8%
Dietary Fiber 2g	7%
Total Sugars 6g	
Includes 6g Added Sugar	12%
Protein 3g	
Vitamin D 1.2mcg	6%
Calcium 80mg	6%
Iron 2.7mg	15%
Potassium 130mg	3%

* 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

The classic toasted whole grain oat, gluten-free cereal. This ready-to-eat bowl provides convenient portion control and room for milk. Great for breakfast, or as a grab n go snack. Contains no artificial flavors and no colors from artificial sources. For crediting in USDA Child Nutrition Programs: 1 ounce equivalent grain and whole grain-rich criteria. 96 - 1 oz single serve branded bowls per case

Ingredients

Ingredients: Whole Grain Oats, Sugar, Corn Starch, Honey, Brown Sugar Syrup, Salt, Tripotassium Phosphate, Canola and/or Sunflower Oil, Natural 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 (retinyl palmitate), Vitamin B2 (riboflavin), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.

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 (retinyl palmitate), Vitamin B2 (riboflavin), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.

Allergens

Handling Suggestions

Keep in a dry cool place

Serving Suggestions

One Bowlpak

Prep & Cooking Suggestions

Ready to eat

Product Specifications

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

MFG #	SPC #	GTIN	Pack	Pack Desc.
18447000	059608	10016000184470	96	96/1 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
9.8lb	6lb	USA	Yes	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
16.75in	13in	18.62in	2.35ft3	1x1	360DAYS	40°F / 111°F



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Nutrition Analysis - By Serving

Calories	110	Total Fat	1.5g	Sodium	170mg
Protein	3	Trans Fats	0g	Calcium	80mg
Total Carbohydrates...	22g	Saturated Fat	0g	Iron	2.7mg
Sugars	6g	Added Sugars	6g	Potassium	130mg
Dietary Fiber	2g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(U)		Vitamin D	1.2mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2	
Monosodium		Sulphites		Nitrates	

Additional Images

