



CHEX  
412808 - Snack Chex Honey Nut S/O

A sweet and salty mix of Chex(TM) cereal pieces, pretzels, mini breadsticks, and crispy crackers mixed with a unique, honey nut flavor. Individually packaged in a single serve format for a convenient, grab and go snack with 60% less fat than potato chips.



Nutrition Facts

Servings per Container 60  
Serving size 1pouch(49g)

Amount per serving  
**Calories 220**

|                               | % Daily Value* |
|-------------------------------|----------------|
| <b>Total Fat</b> 6g           | <b>7%</b>      |
| Saturated Fat 1g              | <b>5%</b>      |
| Trans Fat 0g                  |                |
| <b>Cholesterol</b> 0mg        | <b>0%</b>      |
| <b>Sodium</b> 250mg           | <b>11%</b>     |
| <b>Total Carbohydrate</b> 39g | <b>14%</b>     |
| Dietary Fiber 2g              | <b>7%</b>      |
| Total Sugars 8g               |                |
| Includes 7g Added Sugar       | <b>14%</b>     |
| <b>Protein</b> 3g             |                |
| Vitamin D 0mcg                | <b>0%</b>      |
| Calcium 0mg                   | <b>0%</b>      |
| Iron 1.3mg                    | <b>7%</b>      |
| Potassium 0mg                 | <b>0%</b>      |

\* 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

Ingredients: Enriched Flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Degermed Yellow Corn Meal, Whole Wheat, Sugar, Vegetable Oil (soybean, canola, rice bran). Contains 2% or less of: Brown Sugar, Salt, Dextrose, Molasses, Natural and Artificial Flavor, Yeast, Baking Soda, Distilled Monoglycerides, Maltodextrin, Dried Molasses, Trisodium Phosphate, Yellow Corn Flour, Calcium Carbonate, Corn Starch, Dried Honey, Barley Malt Syrup, Nonfat Milk, Soy Lecithin. Freshness Preserved by BHT.

⚠ Allergens

Contains:

milk soy wheat

May Contain:

peanuts

Handling Suggestions

Store in cool dry location

Serving Suggestions

Serve as is

Prep & Cooking Suggestions

Ready to serve and eat

Product Specifications

| Brand | Manufacturer             |
|-------|--------------------------|
| CHEX  | GENERAL MILLS SALES INC. |

| MFG #       | SPC #  | GTIN           | Pack | Pack Desc.    |
|-------------|--------|----------------|------|---------------|
| 16000-19909 | 412808 | 00016000199095 | 60   | 60 / 1.75 ONZ |

| Gross Weight | Net Weight | Country of Origin | Kosher | Child Nutrition |
|--------------|------------|-------------------|--------|-----------------|
| 7.83lb       | 6.56lb     | USA               | Yes    | No              |

| Shipping Information |       |        |         |       |            |                      |
|----------------------|-------|--------|---------|-------|------------|----------------------|
| Length               | Width | Height | Volume  | TlxHl | Shelf Life | Storage Temp From/To |
| 16in                 | 10in  | 10in   | 0.93ft3 | 12x5  | 217DAYS    | 32°F / 95°F          |



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Nutrition Analysis - By Serving

|                        |     |                     |      |                |       |
|------------------------|-----|---------------------|------|----------------|-------|
| Calories               | 220 | Total Fat           | 6g   | Sodium         | 250mg |
| Protein                | 3   | Trans Fats          | 0g   | Calcium        | 0mg   |
| Total Carbohydrates... | 39g | Saturated Fat       | 1g   | Iron           | 1.3mg |
| Sugars                 | 8g  | Added Sugars        | 7g   | Potassium      | 0mg   |
| Dietary Fiber          | 2g  | Polyunsaturated Fat |      | Zinc           |       |
| Lactose                |     | Monounsaturated Fat |      | Phosphorus     |       |
| Sucrose                |     | Cholesterol         | 0mg  |                |       |
| Vitamin A(IU)•         | 0   | Vitamin D           | 0mcg | Thiamin        |       |
| Vitamin A(RE)          |     | Vitamin E           |      | Niacin         |       |
| Vitamin C              | 0mg | Folate              |      | Riboflavin     |       |
| Magnesium              |     | Vitamin B-6         |      | Vitamin B-1 2• |       |
| Monosodium             |     | Sulphites           |      | Nitrates       |       |

Additional Images



| Nutrition Facts            |     |
|----------------------------|-----|
| Serving size 1 pouch (49g) |     |
| Amount per serving         | 220 |
| Calories                   |     |
| Total Fat 6g               | 7%  |
| Saturated Fat 1g           | 4%  |
| Trans Fat 0g               |     |
| Cholesterol 0mg            | 0%  |
| Sodium 250mg               | 11% |
| Total Carbohydrate 39g     | 14% |
| Dietary Fiber 2g           | 7%  |
| Total Sugars 8g            |     |
| Includes 7g Added Sugars   | 14% |
| Protein 3g                 |     |
| Iron 1.3mg                 | 7%  |

