G MILLS

553176 - **Cereal Honey Nut Cheerios Cup S/O**

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 convenient single serve portion cup for the on-the-go patron. Packaged in 6 count for convenience stores.

SGC FOODSERVICE

Benefits

Ingredients

Whole Grain Oats, Sugar, 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, 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

Nutrition Facts

Servings per Container 60
Serving size 1container(51g)

Amount per serving
Calories 190

	% Daily Value*
Total Fat 2.5g	**3%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 290mg	**13%**
Total Carbohydrate 41g	**15%**
Dietary Fiber 4g	**14%**
Total Sugars 17g	
Includes 17g Added Sugar	**34%**
Protein 4g	
Vitamin D 2mcg	**10%**
Calcium 130mg	**10%**
Iron 4.5mg	**25%**
Potassium 188mg	**4%**

* 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.

Handling Suggestions

Keep in a dry cool place

Serving Suggestions

1 1/2 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.
13898000	553176	10016000138985	10	10/10.8 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
11.5lb	6.75lb	USA	Yes	No

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
17in	12.56in	18.5in	2.29ft3	9x5	0DAYS	40°F / 111°F

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Nutrition Analysis - By Serving

Calories	190	Total Fat	2.5g	Sodium	290mg
Protein	4	Trans Fats	0g	Calcium	130mg
Total Carbohydrates•••	41g	Saturated Fat	0.5g	Iron	4.5mg
Sugars	17g	Added Sugars	17g	Potassium	188mg
Dietary Fiber	4g	Polyunsaturated Fat	1g	Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•		Vitamin D	2mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12•	
Monosodium		Sulphites		Nitrates	

Additional Images

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