



Cheerios

17045800 - Honey Nut Cheerios Cereal Cup

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 the perfect size option for the on-the-go patron.



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 3g	11%
Total Sugars 17g	
Includes 17g Added Sugar	34%
Protein 4g	
Vitamin D 2mcg	10%
Calcium 130mg	10%
Iron 4.5mg	25%
Potassium 200mg	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.

* Benefits

Ingredients

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

Handling Suggestions

Keep in a dry cool place

Serving Suggestions

1 container

Prep & Cooking Suggestions

READY TO EAT

📄 Product Specifications

Brand		Manufacturer				
Cheerios		GENERAL MILLS SALES INC.				
MFG #	SPC #	GTIN	Pack	Pack Desc.		
28933000	17045800	00016000289338	60	60 / 1.8 ONZ		
Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition		
10lb	6.75lb	USA	Yes	No		
Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
16.5in	12.25in	18in	2.11ft3	9x5	312DAYS	32°F / 95°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	200mg
Dietary Fiber	3g	Polyunsaturated Fat	1g	Zinc	2.8
Lactose		Monounsaturated Fat	1g	Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•	90	Vitamin D	2mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	9mg	Folate	100mg	Riboflavin	0.1mg
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

Additional Images



Nutrition Facts	Serving size: 1 container (51g),	Amount
per serving:	Calories 190,	Total Fat 2.5g (3% DV), Saturated Fat 0.5g (3% DV), Trans Fat 0g, Cholesterol 0mg (0% DV), Sodium 290mg (13% DV), Total Carb. 41g (15% DV), Dietary Fiber 4g (14% DV), Soluble Fiber < 1g, Total Sugars 17g (incl. 17g Added Sugars, 34% DV), Protein 4g,
	Vitamin D (10% DV), Calcium (10% DV), Iron (25% DV), Potassium (4% DV), Vitamin A (10% DV), Vitamin C (10% DV), Thiamin (25% DV), Riboflavin (10% DV), Niacin (10% DV), Vitamin B₆ (25% DV), Folate (25% DV), 60mcg folic acid,	Vitamin B₁₂ (25% DV), Phosphorus (15% DV), Magnesium (10% DV), Zinc (25% DV). % DV = % Daily Value

