



## Honey Nut Cheerios™ Cereal Single Serve Bowlpak 1 oz

A sweetened twist on the classic cereal, Honey Nut Cheerios™ is a whole grain gluten-free cereal in ring-shaped pieces with real honey and natural almond flavoring in a ready-to-eat bowl for convenient, single serve portion control. Made without gelatin. For USDA Child Nutrition Programs: meets 1 ounce equivalent grain, whole grain-rich criteria, and USDA Smart Snacks criteria.



### Product Information:

<b>PRODUCT CODE:</b>	11918000
<b>UPC:</b>	16000119185
<b>GTIN:</b>	10016000119182
<b>UNIT SIZE:</b>	1
<b>CASE COUNT:</b>	96
<b>ATTRIBUTES:</b>	Kosher No Artificial Flavors 1 oz. Eq. Grain Zero Trans Fat Whole Grain No Gelatin No High Fructose Corn Syrup Gluten Free

### Ingredients & Allergens

Whole Grain Oats, Sugar, Corn Starch, Honey, Brown Sugar Syrup, Salt, Tripotassium Phosphate, Canola and/or Sunflower 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.

CONTAINS ALMOND INGREDIENTS.

### Preparation Instructions

Ready to eat

### Package Information:

<b>NET WEIGHT:</b>	N/A
<b>VOLUME:</b>	1.8 CF

<b>HEIGHT:</b>	14.1
<b>LENGTH:</b>	16.8
<b>WIDTH:</b>	96
<b>CASE SIZE:</b>	13

## Nutrition Facts

Serving Size	1 Bowl (28g)		100g
Calories	As Packaged <b>110</b>		As Packaged <b>389</b>
		% DV	% DV
<b>Total Fat</b>	1.5g	2%	6g
Saturated Fat	0g	0%	0g
Trans Fat	0g		0g
<b>Cholesterol</b>	0mg	0%	0mg
<b>Sodium</b>	160mg	7%	556mg
<b>Total Carbohydrate</b>	23g	8%	81g
Dietary Fiber	2g	7%	8g
Soluble Fiber	<1g		<3g
Total Sugars	9g		33g
Incl. Added Sugars	9g	18%	33g
<b>Protein</b>	2g		8g
Vitamin D		6%	6mcg
Calcium		6%	361mg
Iron		15%	10mg
Potassium		2%	389mg
Vitamin A		6%	833IU
Vitamin C		6%	25mg
Thiamin		15%	1mg
Riboflavin		6%	0mg
Niacin		6%	4mg
Vitamin B6		15%	1mg
Folate		15%	222mcg
Folic Acid	35mcg		125mcg
Vitamin B12		15%	1mcg
Phosphorus		8%	306mg
Magnesium		8%	97mg
Zinc		15%	6mg

\* Percent Daily Value (DV) are based on a 2,000 calorie diet

\* Not a significant nutrient source

\* Nutritional information is subject to change. See product label to verify ingredients and allergens.

\* Do not eat raw dough or batter.

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### Product Photos:



