



# Honey Nut Cheerios™ Gluten Free Cereal Single Serve K12 2oz Eq Grain

UPC: <b>016000148826</b>	Information Accurate as of: <b>November 16, 2019</b>
<b>DESCRIPTION</b> Enjoy the real honey, natural almond flavor and sweetened whole grains in Honey Nut Cheerios™ gluten-free cereal. This ready-to-eat cup cereal provides convenient portion control and room for milk. Whole Grain Oats—first ingredient. Meets 2 ounce equivalent grains and USDA Smart Snack criteria.	
Case GTIN: <b>10016000148823</b>	
Unit Weight: <b>2 OZ</b>	Units per case: <b>60</b>

<b>Nutrition Facts</b>	Amount/serving	% Daily Value**	Amount/serving	% Daily Value**	**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.
	<b>Total Fat</b> 3g	4%	<b>Sodium</b> 320mg	13%	
1 Container (56g) <b>Serving Size</b>	Saturated Fat 0.5g	3%	<b>Total Carbohydrate</b> 45g	15%	*Not a significant nutrient source
	Trans Fat 0g		Dietary Fiber 4g	16%	
<b>Calories</b> per serving	Polyunsaturated Fat 1g		Soluble Fiber 1g		210
	Monounsaturated Fat 1g		Sugars 19g		
	<b>Cholesterol</b> 0mg	0%	<b>Protein</b> 5g		
	<b>Potassium</b> 230mg	7%			
	Vitamin A 20%	• Vitamin C 20%	• Calcium 20%	20%	
	Iron 50%	• Vitamin D 20%	• Thiamin 50%	50%	
	Riboflavin 50%	• Niacin 50%	• Vitamin B6 50%	50%	
	Folic Acid 100%	• Vitamin B12 50%	• Phosphorus 15%	15%	
	Magnesium 10%	• Zinc 50%			

**INGREDIENTS:** Whole Grain Oats, Sugar, Oat Bran, 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, Zinc and Iron (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.

<b>KOSHER APPROVAL: OU</b>	<b>ALLERGENS: CONTAINS ALMOND INGREDIENTS.</b>
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Nutritional information is subject to change. See product label to verify ingredients and allergens. Do not eat raw dough or batter. This product profile is correct through the date above. Because product formulations and related product attributes may change, this information is subject to change. Search results are based on the system information available. Nutritional information is subject to change. See product label on package to verify ingredients and allergens.