



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. Great for use in lodging and healthcare.



Product Information:

PRODUCT CODE:	11918000
UPC:	16000119185
GTIN:	10016000119182
UNIT SIZE:	1
CASE COUNT:	96
ATTRIBUTES:	Kosher
	No Artificial Flavors
	1 oz. Eq. Grain
	Zero Trans Fat
	No Colors from Artificial Sources
	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:

NET WEIGHT:	NET WT 1 OZ (28g)
VOLUME:	1.8 CF
HEIGHT:	14.1
LENGTH:	16.8
WIDTH:	96
CASE SIZE:	13

Nutrition Facts

Serving Size		1 bowl (28g)	100 g (100g)
		As Packaged	As Packaged
Calories		110	381
		% DV	
Total Fat	2g	2%	5g
Saturated Fat	0g	-	1g
Trans Fat	0g		0g
Cholesterol	0mg	-	0mg
Sodium	160mg	7%	567mg
Total Carbohydrate	23g	8%	81g
Dietary Fiber	2g	8%	8g
Soluble Fiber	1g		4g
Total Sugars	9g	-	34g
Incl. Added Sugars	9g	18%	33g
Protein	2g		9g
Vitamin D	3µg	15%	11µg
Calcium	90mg	6%	351mg
Iron	3mg	15%	10mg
Potassium	110mg	2%	395mg
Vitamin A	-	6%	
Vitamin C	-	6%	-
Thiamin	-	15%	-
Riboflavin	-	6%	-
Niacin	-	6%	-
Vitamin B6	-	15%	-
Folate	-	15%	-
Folic Acid	30µg	-	122µg
Vitamin B12	-	15%	-
Zinc	-	15%	-
Water	-	-	1g
Ash	-	-	4g

\* 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.

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

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Product Photos:

