



AA CEREAL, HONEY CHEERIOS 2 GR

Nutrition Facts

Serving Size: EACH
Serving per Container: 1

Amount Per Serving		Calories from Fat 27
Calories: 210		
		% Daily Value ²
Total Fat 3.0g		5%
Saturated Fat 0.5g		3%
Trans Fat ¹ 0.0g		
Cholesterol 0mg		0%
Sodium 340mg		14%
Total Carbohydrate 44.0g		15%
Dietary Fiber 5.0g		20%
Sugars 12.0g		
Protein 6.0g		12%
Vitamin A 15%	Vitamin C 15%	
Calcium 15%	Iron 30%	



¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

² - Percent Daily Values are based on a 2,000 calorie diet.

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

Allergens

Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
NO	NO	NO	NO	NO	NO	NO	NO

YES = Present NO = Absent ? = Undefined

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.



GENERAL MILLS
Convenience
& Foodservice

Honey Cheerios(TM) Cereal Single Serve K12 2oz Eq Grain

UPC: 16000184480

Information Accurate as of: July 8, 2022

DESCRIPTION

Enjoy Honey Cheerios, the sweetened with a touch of real honey, whole grain cereal in ring shaped cereal in a cup format that leaves room for milk. This ready-to-eat cup provides convenient single serve portion control and room for milk. Gluten-free. Whole Grain Oatsfirst ingredient. Meets 2 ounce equivalent grains, USDA Smart Snack criteria and Gluten-Free.

Case GTIN: 10016000184487

Unit Weight: 2 OZ

Units per case: 60

Nutrition Facts

1 Container (56g)
Serving Size

Calories
per serving

210

Amount/serving	% Daily Value**	Amount/serving	% Daily Value**
Total Fat 3g	4%	Sodium 340mg	15%
Saturated Fat 0.5g	4%	Total Carbohydrate 44g	16%
Trans Fat 0g		Dietary Fiber 5g	17%
Cholesterol 0mg	0%	Total Sugars 12g	
		Soluble Fiber 2g	
		Includes 12g Added Sugars	24%
		Protein 6g	
Vitamin D 15%	• Calcium 15%	• Iron 30%	
Potassium 6%	• Vitamin A 15%	• Vitamin C 15%	
Thiamin 30%	• Riboflavin 15%	• Niacin 15%	
Vitamin B6 30%	• Folate 30%	• (70mcg Folic Acid) 30%	
Vitamin B12 30%	• Phosphorus 15%	• Magnesium 15%	
Zinc 30%			

* 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.

** Not a significant nutrient source

Nutrition Facts

Calories
Approx Per 100g

380

Amount/100g	% Daily Value**	Amount/100g	% Daily Value**
Total Fat 6g		Sodium 600mg	
Saturated Fat 2g		Total Carbohydrate 78g	
Trans Fat 0g		Dietary Fiber 9g	
Cholesterol 0mg		Total Sugars 22g	
		Soluble Fiber 4g	
		Includes 21g Added Sugars	
		Protein 10g	
Vitamin D • Calcium		• Iron	
Potassium • Vitamin A		• Vitamin C	
Thiamin • Riboflavin		• Niacin	
Vitamin B6 • Folate		• (125mcg Folic Acid)	
Vitamin B12 • Phosphorus		• Magnesium	
Zinc			

* 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.

** Not a significant nutrient source

INGREDIENTS & ALLERGENS: Ingredients: Whole Grain Oats, Sugar, Corn Starch, Honey, Brown Sugar Syrup, Salt, Tripotassium Phosphate, Canola and/or Sunflower Oil, Natural Flavor, Vitamin E (mixed tocopherols) Added to Preserve Freshness, 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.