



BOWLPAK HONEY NUT CHEERIOS



Gluten Free. 1 OZ EQ GRAIN. Meets USDA Whole Grain-Rich Criteria. Whole Grain Oats - First Ingredient. Sweetened, whole grain cereal in ring-shaped pieces with real honey and natural almond flavoring. Contains no artificial flavors.

Product Last Saved Date:13 March 2018

Nutrition

96 Servings per container
Serving Size 1 Bowl (28g)

Amount Per Serving
Calories 110

| | | % Daily |
|--------------------|----------------|-----------|
| Total Fat | 1.5 g | 2% |
| Saturated Fat | 0 g | 0% |
| Trans Fat | 0 g | |
| Cholesterol | 0 mg | 0% |
| Sodium | 160 mg | 7% |
| Total | 22 g | 7% |
| Dietary Fiber | 2 g | 8% |
| Total Sugars | 9 g | |
| Includes | g Added Sugars | % |

| | | |
|----------------|--------|-----|
| Protein | 2 g | |
| Vitamin D | mg | 10% |
| Calcium | 0 mg | 10% |
| Iron | 0 mg | 25% |
| Potassium | 115 mg | 3% |

*The % Daily Values (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.

Product Specifications:

| Man Prod Code | Dist Prod Code | GTIN | Pack | Pack Description |
|---------------|----------------|----------------|------------|------------------|
| 16000-11918 | 175927 | 10016000119182 | 96 X 1 ONZ | |

| Brand | Brand Owner | GPC Description |
|-----------------------|--------------------|--|
| Honey Nut Cheerios(R) | General Mills Inc. | Cereals Products – Ready to Eat (Shelf Stable) |

| Gross Weight | Net Weight | Country of Origin | Kosher | Child Nutrition |
|--------------|------------|-------------------|--------|-----------------|
| 9.2 LBR | 6 LBR | USA | Yes | No |

Shipping Information

| Length | Width | Height | Volume | TlxHI | Shelf Life | Storage Temp From/To |
|-----------|--------|-----------|------------|-------|------------|----------------------|
| 16.75 INH | 13 INH | 14.12 INH | 1.7793 FTQ | 9x7 | 312 Days | 32 FAH / 95 FAH |

Ingredients :

Whole Grain Oats, Sugar, Oat Bran, Corn Starch, Honey, Brown Sugar Syrup, Salt, Tripotassium Phosphate, Rice Bran Oil and/or 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. CONTAINS ALMOND INGREDIENTS.

Allergens(C='Contains' MC='May Contain' N='Free From' UN='Undeclared' 30='Free From Not Tested' 50='Derived From Ingredients' 60='Not Derived From Ingredients' NI='No Info

| | | |
|-----------|-----------------|--------------|
| Eggs - NI | Milk - NI | Peanuts - NI |
| Soy - NI | Wheat - NI | TreeNuts - C |
| Fish - NI | Crustacean - NI | |

Handling Suggestions :

Store in cool dry location

Benefits :

1 OZ EQ GRAIN. Meets USDA Whole Grain-Rich Criteria. Whole Grain Oats - First Ingredient. Sweetened, whole grain cereal in ring-shaped pieces with real honey and natural almond flavoring. Contains no artificial flavors.

Serving Suggestions :

Great for breakfast, as a meal replacement or snack.

Prep & Cooking Suggestions :

Ready to eat dry cereal in a portable, easy-to-serve bowl.

More Information :