



GENERAL MILLS
Convenience
& Foodservice



Honey Nut Cheerios™ Gluten Free Cereal Bulkpak 39 oz

UPC: **016000119888**

Information Accurate as of: **February 19, 2021**

DESCRIPTION

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 cost-effective, 39 oz bulk packaging for less waste and great labor savings. For crediting in USDA Child Nutrition Programs: 1 ounce equivalent grain, whole grain-rich criteria and USDA Smart Snacks criteria.

Case GTIN: **10016000119885**

Unit Weight: **39 OZ**

Units per case: **4**

Nutrition Facts

1 Cup (37g)
Serving Size

Calories
per serving

140

Amount/serving	% Daily Value**	Amount/serving	% Daily Value**
Total Fat 2g	3%	Sodium 210mg	9%
Saturated Fat 0g	0%	Total Carbohydrate 30g	11%
Trans Fat 0g		Dietary Fiber 3g	10%
Cholesterol 0mg	0%	Total Sugars 12g	
		Soluble Fiber <1g	
		Includes 12g Added Sugars	24%
		Protein 3g	
Vitamin D 10%	• Calcium 10%	Iron 20%	
Potassium 4%	• Vitamin A 10%	Vitamin C 10%	
Thiamin 20%	• Riboflavin 10%	Niacin 10%	
Vitamin B6 20%	• Folate 20%	(45mcg Folic Acid) 20%	
Vitamin B12 20%	• Phosphorus 8%	Magnesium 8%	
Zinc 20%			

**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

378

Amount/100g	% Daily Value**	Amount/100g	% Daily Value**
Total Fat 5g		Sodium 568mg	
Saturated Fat 0g		Total Carbohydrate 81g	
Trans Fat 0g		Dietary Fiber 8g	
Cholesterol 0mg		Total Sugars 32g	
		Soluble Fiber <3g	
		Includes 32g Added Sugars	
		Protein 8g	
Vitamin D • Calcium		Iron	
Potassium • Vitamin A		Vitamin C	
Thiamin • Riboflavin		Niacin	
Vitamin B6 • Folate		(122mcg Folic Acid)	
Vitamin B12 • Phosphorus		Magnesium	
Zinc			

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*Not a significant nutrient source

INGREDIENTS & ALLERGENS: Whole Grain Oats, Sugar, 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, 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.

KOSHER APPROVAL: OU

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.