

Cereals [Bowlpak Cereal](#) [Bulk Cereal](#) [Cup Cereal](#) [Singlepak Cereal](#) [Portable Cereal](#)

Cheerios® - Honey Nut



General Mills Product Code: 11918000

Meets K-12 1 Ounce Equivalent Grain. Top-seller. Popular with all ages. Sweetened Whole Grain Oat Cereal With Real Honey and Natural Almond Flavor.

Key Features

Not Available

016000119185

GTIN: 10016000119182

Unit Size: 1 OZ

Case Count: 96

UPC:

Allergens

Contains almond; may contain wheat ingredients

Nutrition Facts

Serving Size: 1 Bowl (28g) (3/4 Cup)	
Amount Per Serving	As Packaged
Calories	110
Calories From Fat	10
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 160mg	7%
Potassium 115mg	3%
Total Carbohydrate 22g	7%
Dietary Fiber 2g	8%
Soluble Fiber ;1g	
Sugars 9g	
Other Carbohydrate 11g	
Protein 2g	
Vitamin A	10%
Vitamin C	10%
Calcium	10%
Iron	25%
Vitamin D	10%
Thiamin	25%
Riboflavin	25%
Niacin	25%
Vitamin B6	25%
Folic Acid	50%
Vitamin B12	20%
Phosphorus	8%
Magnesium	6%
Zinc	25%

Ingredients

Whole Grain Oats, Sugar, Oat Bran, Modified Corn Starch, Honey, Brown Sugar Syrup, Salt, Tripotassium Phosphate, Canola and/or Rice Bran 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.

Kosher: K D

* Percent Daily Value (DV) are based on a 2,000 calorie diet
 ** - Not a significant nutrient source

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

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