



Cheerios Toasted Whole Grain Oat Cereal



NUTRITION

Nutrition Facts

Serving Size: 1 Bowl (19g)

Amount Per Serving

As Packaged

Calories 70

% Daily Value %

Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	7%

Soluble Fiber <1g

Total Sugars <1g

Includes <1g Added Sugars

2%

Protein 2g

Vitamin D	4%
Calcium	4%
Iron	30%
Potassium	2%
Vitamin A	4%
Vitamin C	4%
Thiamin	8%
Niacin	4%
Vitamin B6	8%
Folate	8%
(10mcg Folic Acid)	

PACKAGING

Base Product Code: 11941000	Unit Weight: 0.688 OZ
GTIN: 10016000119410	Gross Case Weight: 7.30 LB
Units Per Case: 96	Net Case Weight: 4.1280 LB
Pallet Info: Layer: 9, High: 7, Pal Qty: 63	Case Dimensions (in): 16.75 (L) X 13 (W) X 14.12 (H)
	Kosher: OU: KOSHER PAREVE

INGREDIENTS

Ingredients: Whole Grain Oats, Corn Starch, Sugar, Salt, Tripotassium Phosphate. Vitamin E (mixed tocopherols) Added to Preserve Freshness. and Minerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin A (palmitate), Vitamin B1 (thiamin mononitrate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3. Allergens: Does Not Contain Obligatory Allergens

GENERAL DESCRIPTION

The classic toasted whole grain oat, gluten-free cereal in ring-shaped pieces in a ready-to-eat bowl for convenient, single serve portion control. For crediting in USDA Child Nutrition Programs: 0.5 ounce equivalent grain and whole grain-rich criteria.

PREP & SERVING

READY_TO_EAT : Ready to Eat One Bowlpak

BENEFITS

The classic toasted whole grain oat, gluten-free cereal in ring-shaped pieces. Contains no artificial flavors and no colors from artificial sources. This single serve, ready-to-eat bowl provides convenient portion control and room for milk. Great for breakfast, or as a grab 'n go snack. For crediting in USDA Child Nutrition Programs: meets 0.5 ounce equivalent grain standard and whole grain-rich criteria. Perfect for use in K-12 schools and healthcare. General Mills is foodservice share leader in ready-to-eat cereal.

STORAGE DETAILS

Keep in a dry cool place

General Mills Proprietary and Confidential information. All data is deemed accurate as of 3/7/2023. Please contact General Mills for the most recent product information.

Vitamin B12	8%
Phosphorus	6%
Magnesium	8%
Zinc	8%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

* - Not a significant nutrient source

NUTRITION

Nutrition Facts

Serving Size: 100g

Amount Per Serving

As Packaged

Calories 359

% Daily Value %

Total Fat 6g

Saturated Fat 1g

Trans Fat 0g

Cholesterol 0mg

Sodium 487mg

Total Carbohydrate 74g

Dietary Fiber 10g

Soluble Fiber <3g

Total Sugars <5g

Includes <5g Added Sugars

Protein 13g

Vitamin D 5mcg

Calcium 333mg

Iron 32mg

Potassium 641mg

Vitamin A 769IU

Vitamin C 23mg

Thiamin 1mg

Niacin 4mg

Vitamin B6 1mg

Folate 205mcg

(10mcg Folic Acid)

Vitamin B12 1mcg

Phosphorus 385mg

Magnesium 154mg

Zinc 6mg

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

* - Not a significant nutrient source

PRODUCT BREAKDOWN		
GMI CHEERIOS CRL BOWLPAK	'1600011	
.688OZ	9413	96



UPC BARCODE

10016000119410

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