

Honey Cheerios, Single Serve Cup, 2 oz. , #18448000 – General Mills

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.

Contains: No Allergens

****This is a representation of the nutrition label. The actual nutrition label on the product may vary slightly.****

Nutrition Facts

Serving Size		1 Container (56g)
		As Packaged
Calories		210
		% DV
Total Fat	3g	4%
Saturated Fat	0.5g	4%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	340mg	15%
Total Carbohydrate	44g	16%
Dietary Fiber	5g	17%
Soluble Fiber	2g	
Total Sugars	12g	
Incl. Added Sugars	12g	24%
Protein	6g	
Vitamin D	3mcg	15%
Calcium	200mg	15%
Iron	5.4mg	30%
Potassium	260mg	6%
Vitamin A		15%
Vitamin C		15%
Thiamin		30%
Riboflavin		15%
Niacin		15%
Vitamin B6		30%
Folate		30%
Folic Acid	70mcg	
Vitamin B12		30%
Phosphorus		15%
Magnesium		15%
Zinc		30%