

Honey Nut Cheerios Cereal
K12 2oz Eq Grain

Nutrition Facts

Serving Size 1 container (56g)
Servings Per Container 1

Amount Per Serving

Calories 210

Calories from Fat 25

% Daily Value*

Total Fat 3g **4%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 1g

Cholesterol 0mg **0%**

Potassium 230mg **7%**

Sodium 320mg **13%**

Total Carbohydrate 45g **15%**

Dietary Fiber 4g **16%**

Sugars 19g

Protein 5g

Vitamin A 20% • Vitamin C 20%

Calcium 20% • Iron 50%

Vitamin D 20% • Thiamin 50%

Riboflavin 50% • Niacin 50%

Vitamin B6 50% • Folic Acid 100%

Vitamin B12 50% • Phosphorus 15%

Magnesium 10% • Zinc 50%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g