

# Kellogg's® Pop-Tarts® Made With Whole Grain Frosted Blueberry



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**Product Type**  
Grab 'N Go Pop-Tarts

**Allergen Information**  
CONTAINS WHEAT AND SOY INGREDIENTS.

**Product Category**

**Dietary Exchange Per Serving**

**UPC Code**  
3800017199

**Kosher Status**  
Not Certified

**Servings/Case**  
72 ct

**Grain Ounce Equivalents**  
2.25

**Sizes**  
3.52 oz

**Shelf Life**  
365 days (12 months)

**Format**  
Single Serve

**Country of Origin**  
Distributed in USA

**Gross Weight**  
18.12

Kellogg's®  
Pop-Tarts®

## Whole Grain Frosted Blueberry

Nutrition Facts	
Serving Size	1 Pouch (100g)
<b>Amount Per Serving</b>	
<b>Calories</b> 360	Calories from Fat 50
<b>% Daily Value*</b>	
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 1g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 360mg	<b>15%</b>
<b>Total Carbohydrate</b> 76g	<b>25%</b>
Dietary Fiber 6g	<b>22%</b>
Sugars 30g	
<b>Protein</b> 4g	
Vitamin A 20% • Vitamin C 0% • Calcium 20% • Iron 20%	
Thiamin 20% • Riboflavin 20% • Niacin 20% • Vitamin B <sub>6</sub> 20%	
* 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
Sat. Fat	Less than 20g
Cholesterol	Less than 300mg
Sodium	Less than 2,400mg
Total Carbohydrate	Less than 300g
Dietary Fiber	25g

**INGREDIENTS:** WHOLE WHEAT FLOUR, SUGAR, CORN SYRUP, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B<sub>1</sub> (THIAMIN MONONITRATE), VITAMIN B<sub>2</sub> (RIBOFLAVIN), FOLIC ACID), DEXTROSE, SOYBEAN AND PALM OIL (WITH TBHQ FOR FRESHNESS), BLEACHED WHEAT FLOUR, POLYDEXTROSE, GLYCERIN, FRUCTOSE, CONTAINS TWO PERCENT OR LESS OF WHEAT STARCH, DRIED BLUEBERRIES, DRIED GRAPES, DRIED APPLES, CALCIUM CARBONATE, SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA), SODIUM STEAROYL LACTYLATE, MODIFIED WHEAT STARCH, CITRIC ACID, DATEM, GELATIN, YELLOW CORN FLOUR, PALM OIL, XANTHAN GUM, CARAMEL COLOR, CORNSTARCH, TURMERIC EXTRACT COLOR, SOY LECITHIN, RED 40, VITAMIN A PALMITATE, NIACINAMIDE, REDUCED IRON, NATURAL AND ARTIFICIAL FLAVORS, BLUE 2, BLUE 1, VITAMIN B<sub>6</sub> (PYRIDOXINE HYDROCHLORIDE), VITAMIN B<sub>2</sub> (RIBOFLAVIN), VITAMIN B<sub>1</sub> (THIAMIN HYDROCHLORIDE), COLOR ADDED.

**CONTAINS WHEAT AND SOY INGREDIENTS.**

NLI#14168