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

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Grab 'N Go Pop-Tarts

Product Category

Grab 'n Go Snacks

UPC Code

3800055133

Servings/Case

72 ct

Format

Single Serve

Net Weight

18.12

Sizes

3.52 oz

Allergen Information

CONTAINS WHEAT AND SOY

INGREDIENTS.

Dietary Exchange Per Serving

5 Carbohydrates, 1 Fat

Kosher Status

5 Carbohydrates, 1 Fat

Bread/Grain Equivalents

2.25

Shelf Life

365 days (12 months)

Country of Origin

Distributed in USA



Date Printed: 07/30/2013

Kellogg's® Pop-Tarts® Whole Grain Frosted Strawberry

Calories 360 Calories from Fat 40 Calories from Fat 40 ** Diagram of Polyunsaturated Fat 2g Total Fat 4.5g 7% Saturated Fat 2g Monounsaturated Fat 1g Cholesterol 0mg 0% Sodium 360mg 15% Total Carbohydrate 75g 25% Dietary Fiber 6g 23% Sugars 30g Protein 4g Vitamin A 20% • Vitamin C 0% • Calcium 20% • Iron 20% Thiamin 20% • Riboflavin 20% • Niacin 20% • Vitamin B6 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 80g Sat. Fat Less than 20g 25g Cholesterol Less than 300mg 300mg Sodium Less than 20g 25g Cholesterol Less than 300mg 300mg Total Carbohydrate Dietary Fiber 2,400mg 2,400mg Total Carbohydrate Dietary Fiber 25g 30g	Nutrition Serving Size	Facts 1 Package (100g)
Total Fat 4.5g 7%	Amount Per Serving	
Total Fat 4.5g 7%	Calories 360	Calories from Fat 40
Saturated Fat 2g		% Daily Value*
Trans Fat 0g Polyunsaturated Fat 2g Monounsaturated Fat 1g Cholesterol 0mg 0% Sodium 360mg 15% Total Carbohydrate 75g 25% Dietary Fiber 6g 23% Sugars 30g Protein 4g Vitamin A 20% • Vitamin C 0% • Calcium 20% • Iron 20% Thiamin 20% • Riboflavin 20% • Niacin 20% • Vitamin B ₆ 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:	Total Fat 4.5g	7%
Polyunsaturated Fat 1g	Saturated Fat 2g	10%
Monounsaturated Fat 1g Cholesterol Omg 0% Sodium 360mg 15% Total Carbohydrate 75g 25% Dietary Fiber 6g 23% Sugars 30g Protein 4g Vitamin A 20% • Vitamin C 0% • Calcium 20% • Iron 20% 20% • Vitamin B ₆ 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:	Trans Fat 0g	
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Total Carbohydrate 75g 25%	Cholesterol 0mg	0%
Dietary Fiber 6g 23% Sugars 30g Protein 4g Vitamin A 20% • Vitamin C 0% • Calcium 20% • Iron 20% Thiamin 20% • Riboflavin 20% • Niacin 20% • Vitamin B ₆ 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: 2,000 2,500 Total Fat Less than 65g 80g Sat. Fat Less than 20g 25g Cholesterol Less than 300mg 300mg Sodium Less than 2,400mg 2,400mg Total Carbohydrate 300g 375g Dietary Fiber 25g 30g	Sodium 360mg	15%
Sugars 30g Vitamin A 20% • Vitamin C 0% • Calcium 20% • Iron 20% Thiamin 20% • Riboflavin 20% • Niacin 20% • Vitamin B ₆ 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:	Total Carbohydrate 75g	25%
Protein 4g Vitamin A 20% • Vitamin C 0% • Calcium 20% • Iron 20% Thiamin 20% • Riboflavin 20% • Niacin 20% • Vitamin B ₆ 20%	Dietary Fiber 6g	23%
Vitamin A 20% Vitamin C 0% Calcium 20% Iron 20% Thiamin 20% Riboflavin 20% Niacin 20% Vitamin B ₆ 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:	Sugars 30g	
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Sat. Fat Less than 20g 25g Cholesterol Less than 300mg 300mg Sodium Less than 2,400mg 2,400mg Total Carbohydrate 300g 375g Dietary Fiber 25g 30g	be higher or lower depending on your calo	calorie diet. Your daily values may rie needs:
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	Total Fat Less than Sat. Fat Less than Cholesterol Less than Sodium Less than Total Carbohydrate Dietary Fiber	65g 80g 20g 25g 300mg 300mg 2,400mg 2,400mg 300g 375g 25g 30g

INGREDIENTS: WHOLE WHEAT FLOUR, SUGAR, CORN SYRUP, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B₁ [THIAMIN MONONITRATE], VITAMIN B₂ [RIBOFLAVIN], FOLIC ACID), DEXTROSE, SOYBEAN AND PALM OIL (WITH TBHQ FOR FRESHNESS), CRACKER MEAL, POLYDEXTROSE, GLYCERIN, FRUCTOSE, CONTAINS TWO PERCENT OR LESS OF WHEAT STARCH, CALCIUM CARBONATE, SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA), DRIED STRAWBERRIES, DRIED PEARS, DRIED APPLES, SODIUM STEAROYL LACTYLATE, CITRIC ACID, MILLED CORN, DATEM, GELATIN, SOYBEAN OIL, MODIFIED CORN STARCH, MODIFIED WHEAT STARCH, SOY LECITHIN, CARAMEL COLOR, XANTHAN GUM, STRAWBERRY JUICE CONCENTRATE, NATURAL AND ARTIFICIAL FLAVOR, VITAMIN A PALMITATE, RED 40, NIACINAMIDE, REDUCED IRON, COLOR ADDED, TURMERIC EXTRACT FOR COLOR, YELLOW 6, VITAMIN B₆ (PYRIDOXINE HYDROCHLORIDE), VITAMIN B₂ (RIBOFLAVIN), VITAMIN B₁ (THIAMIN HYDROCHLORIDE), BLUE 1.

CONTAINS WHEAT AND SOY INGREDIENTS.

NLI#09264