

**Format** Full Page**Product Photo** With Photo Without Photo**Nutrition Facts** With Nutrition Without Nutrition

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**Kellogg's® Pop-Tart™ Made With Whole Grain Frosted Cinnamon****Product Type**

Grab 'N Go Pop-Tarts

**Product Category**

Grab 'n Go Snacks

**UPC Code**

3800055122

**Servings/Case**

120 ct

**Format**

Single Serve

**Net Weight**

16.22

**Bread/Grain Equivalents**

1.0

**Ingredients**

WHOLE WHEAT FLOUR, SUGAR, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), CORN SYRUP, DEXTROSE, SOYBEAN AND PALM OIL (WITH TBHQ FOR FRESHNESS), CRACKER MEAL, POLYDEXTROSE, GLYCERIN, CONTAINS TWO PERCENT OR LESS OF MALTODEXTRIN, MOLASSES, CALCIUM CARBONATE, SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA), WHEAT STARCH, CINNAMON, SODIUM STEAROYL LACTYLATE, DATEM, GELATIN, CARAMEL COLOR, XANTHAN GUM, VITAMIN A PALMITATE, NIACINAMIDE, REDUCED IRON, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), RIBOFLAVIN (VITAMIN B2), THIAMIN HYDROCHLORIDE (VITAMIN B1), FOLIC ACID, SOY LECITHIN

**Allergen Information**

CONTAINS WHEAT AND SOY INGREDIENTS.

**Sizes**

1.76 oz

**Dietary Exchange Per Serving**

2 1/2 Carbohydrates, 1/2 Fat

**Kosher Status**

Not Certified

**Shelf Life**

365 days (12 months)

**Country of Origin**

Distributed in USA

**Date Printed**

08/27/2012

# Kellogg's® Pop-Tarts®

## *Frosted Cinnamon with Whole Grain*

<b>Nutrition Facts</b>																													
Serving Size	1 Pastry (50g)																												
<b>Amount Per Serving</b>																													
<b>Calories</b> 180	Calories from Fat 25																												
<b>% Daily Value*</b>																													
<b>Total Fat</b> 3g	<b>5%</b>																												
Saturated Fat 1g	<b>5%</b>																												
<i>Trans</i> Fat 0g																													
Polyunsaturated Fat 1g																													
Monounsaturated Fat 0.5g																													
<b>Cholesterol</b> 0mg	<b>0%</b>																												
<b>Sodium</b> 190mg	<b>8%</b>																												
<b>Total Carbohydrate</b> 37g	<b>12%</b>																												
Dietary Fiber 3g	<b>11%</b>																												
Sugars 15g																													
<b>Protein</b> 2g																													
Vitamin A 10% • Vitamin C 0% • Calcium 10% • Iron 10% Thiamin 10% • Riboflavin 10% • Niacin 10% • Vitamin B <sub>6</sub> 10% Folic Acid 10%																													
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:																													
	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th style="text-align: center;">Calories</th> <th style="text-align: center;">2,000</th> <th style="text-align: center;">2,500</th> </tr> </thead> <tbody> <tr> <td>Total Fat</td> <td style="text-align: center;">Less than</td> <td style="text-align: center;">65g</td> <td style="text-align: center;">80g</td> </tr> <tr> <td>  Saturated Fat</td> <td style="text-align: center;">Less than</td> <td style="text-align: center;">20g</td> <td style="text-align: center;">25g</td> </tr> <tr> <td>Cholesterol</td> <td style="text-align: center;">Less than</td> <td style="text-align: center;">300mg</td> <td style="text-align: center;">300mg</td> </tr> <tr> <td>Sodium</td> <td style="text-align: center;">Less than</td> <td style="text-align: center;">2,400mg</td> <td style="text-align: center;">2,400mg</td> </tr> <tr> <td>Total Carbohydrate</td> <td></td> <td style="text-align: center;">300g</td> <td style="text-align: center;">375g</td> </tr> <tr> <td>  Dietary Fiber</td> <td></td> <td style="text-align: center;">25g</td> <td style="text-align: center;">30g</td> </tr> </tbody> </table>		Calories	2,000	2,500	Total Fat	Less than	65g	80g	Saturated 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
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NLI#07818