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

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

Product Type

Grab 'N Go Pop-Tarts

Allergen Information

CONTAINS WHEAT AND SOY INGREDIENTS.

Product Category

Dietary Exchange Per Serving

2 1/2 Carbohydrates, 1/2 Fat

UPC Code

3800055130

Kosher Status

Not Certified

Servings/Case

120 ct

Grain Ounce Equivalents

1

Sizes

1.76 oz

Shelf Life

365 days (12 months)

Format

Single Serve

Country of Origin

Distributed in USA

Gross Weight

16.22



Date Printed: 07/28/2015

Kellogg's®

Pop-Tarts®

Low Fat Frosted Strawberry

Nutrition Facts

Serving Size 1 Pastry (50g)

Amount Per Serving

Calories 180 **Calories from Fat** 20

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 1g **5%**

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 0.5g

Cholesterol 0mg **0%**

Sodium 180mg **8%**

Total Carbohydrate 38g **13%**

Dietary Fiber 3g **11%**

Sugars 15g

Protein 2g

Vitamin A 10% • Vitamin C 0% • Calcium 10% • Iron 10%

Thiamin 10% • Riboflavin 10% • Niacin 10% • Vitamin B₆ 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:

		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

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

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#09263

Product Name	Pop-Tarts Low Fat Frosted Strawberry
Flavor Descriptor	Naturally and Artificially Flavored
NLI Description	Production
Brand	KELLOGG'S



Date Created	01-07-15
NLI #	09263
Kosher Status	Not Kosher
Product of	U.S.A.

USDA Ounce Equivalents of Grain per Serving	1			
USDA Ounce Equivalents of Meat/Meat Alternate				
	Carbohydrates	Fat	Protein	Free
Diet Exchange	2 1/2	1/2		
Whole Grains (g/serving)	10			

Serving Size	1 Pastry			
Serving Size g	50			
Serving Size oz				
Amount Per Serving				
Calories	180			
Calories from Fat	20			
		% Daily Value*		% Daily Value*
Total Fat	2.5 g	4 %		
Saturated Fat	1 g	5 %		
Trans Fat	0 g			
Polyunsaturated Fat	1 g			
Monounsaturated Fat	0.5 g			
Cholesterol	0 mg	0 %		
Sodium	180 mg	8 %		
Potassium				
Total Carbohydrate	38 g	13 %		
Dietary Fiber	3 g	11 %		
Soluble Fiber				
Insoluble Fiber				
Sugars	15 g			
Sugar Alcohol				
Other Carbohydrate				
Protein	2 g			
Vitamin A		10 %		
Vitamin C		0 %		
Calcium		10 %		
Iron		10 %		
Vitamin D				
Vitamin E				
Vitamin K				
Thiamin		10 %		
Riboflavin		10 %		
Niacin		10 %		
Vitamin B6		10 %		
Folic Acid				
Vitamin B12				
Biotin				
Pantothenic Acid				
Phosphorus				
Iodine				
Magnesium				
Zinc				
Selenium				
Copper				
Manganese				
Chromium				
Molybdenum				

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.

ALLERGEN INFORMATION:
 CONTAINS WHEAT AND SOY INGREDIENTS.

Other Required Statements:

*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	Print value if "Y"
Total Fat	Less than	65g	80g	Y
Sat. Fat	Less than	20g	25g	Y
Cholesterol	Less than	300mg	300mg	Y
Sodium	Less than	2,400mg	2,400mg	Y
Potassium		3,500mg	3,500mg	
Total Carbohydrate		300g	375g	Y
Dietary Fiber		25g	30g	Y
Protein		50g	65g	

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Product information can change at any time.
 Always refer to product package for current nutrition and ingredient information.

Julia M. Jursinic, MS
 Sr. Director, Nutrition Labeling & Regulatory Compliance
 Kellogg Company

Nutrient Contents Per 100g			
Calories	360	Vitamin A	1000 IU
Calories from fat	42	Vitamin C	0 mg
Total Fat	4.7 g	Calcium	200.0 mg
Saturated Fat	1.8 g	Iron	3.6 mg
Monounsaturated Fat	1.1 g	Vitamin D	0 IU
Polyunsaturated Fat	2.0 g	Vitamin E	0 IU
Trans Fat	0.1 g	Thiamin	0.30 mg
Cholesterol	0 mg	Riboflavin	0.34 mg
Sodium	362 mg	Niacin	4.0 mg
Potassium	119 mg	Vitamin B6	0.40 mg
Total Carbohydrate	75.3 g	Folic Acid	33 mcg
Dietary Fiber	5.7 g	Vitamin B12	0.0 mcg
Soluble Fiber	3.2 g	Pantothenic Acid	NA mg
Insoluble Fiber	0.2 g	Phosphorus	179 mg
Sugars	29.7 g	Magnesium	22 mg
Sugar Alcohols	NA g	Zinc	0.8 mg
Protein	4.3 g	Copper	NA mg
NA = Database values for the nutrient do not exist or are incomplete.		Manganese	NA mg
		Selenium	NA mcg
		Moisture	12.8 %
		Ash	2.9 %

GTIN/UPC Code	Type of Package	Net Weight	Servings Per Container
000 38000 55132 1	Pouch	1.76oz (50g)	1
000 38000 55130 7	Case		120
000 38000 55131 4	Carton	17.6oz (1lb 1.6oz) (500g)	10