

Product Name	Made with Whole Grain Frosted Strawberry
Flavor Descriptor	Naturally and Artificially Flavored
NLI Description	Production
Brand	Pop-Tarts



Date Created	01/02/18
NLI #	14048
Kosher Status	Not Kosher
Product of	U.S.A.

USDA Ounce Equivalents of Grain per Serving	1
USDA Ounce Equivalents of Meat/Meat Alternate	
Whole Grains (g/serving)	10 g

Serving Size	1 Pastry
Serving Size g	50
Serving Size oz	
Amount Per Serving	
Calories	180
Calories from Fat	25

			% 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), BLEACHED WHEAT FLOUR, POLYDEXTROSE, GLYCERIN, FRUCTOSE, CONTAINS TWO PERCENT OR LESS OF WHEAT STARCH, DRIED STRAWBERRIES, DRIED PEARS, DRIED APPLES, CALCIUM CARBONATE, SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA), SODIUM STEAROYL LACTYLATE, CITRIC ACID, MODIFIED WHEAT STARCH, DATEM, GELATIN, YELLOW CORN FLOUR, PALM OIL, CARAMEL COLOR, XANTHAN GUM, CORNSTARCH, TURMERIC EXTRACT COLOR, STRAWBERRY JUICE CONCENTRATE, NATURAL AND ARTIFICIAL FLAVORS, SOY LECITHIN, VITAMIN A PALMITATE, RED 40, NIACINAMIDE, REDUCED IRON, YELLOW 6, VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B2 (RIBOFLAVIN), VITAMIN B1 (THIAMIN HYDROCHLORIDE), BLUE 1, COLOR ADDED.

ALLERGEN INFORMATION:

CONTAINS WHEAT AND SOY INGREDIENTS.

*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	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
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	362	Vitamin D	0 IU
Calories from fat	49	Vitamin E	0 IU
Total Fat	5.5 g	Vitamin K	NA mcg
Saturated Fat	1.8 g	Thiamin	0.30 mg
Polyunsaturated Fat	2.0 g	Riboflavin	0.34 mg
Monounsaturated Fat	1.1 g	Niacin	4.40 mg
Trans Fat	0.1 g	Vitamin B6	0.40 mg
Cholesterol	0 mg	Folic Acid	36 mcg
Sodium	359 mg	Vitamin B12	0.0 mcg
Potassium	118 mg	Biotin	NA mcg
Total Carbohydrate	75.4 g	Pantothenic Acid	NA mg
Dietary Fiber	5.6 g	Phosphorus	191 mg
Soluble Fiber	4.1 g	Iodine	NA mcg
Insoluble Fiber	1.5 g	Magnesium	25 mg
Sugars	29.4 g	Zinc	0.9 mg
Sugar Alcohols	NA g	Selenium	NA mcg
Protein	4.3 g	Copper	NA mg
Vitamin A	1000 IU	Manganese	NA mg
Vitamin C	0 mg	Chromium	NA mcg
Calcium	200.0 mg	Molybdenum	NA mcg
Iron	3.6 mg	Moisture	12.8 %
NA = values do not exist or are incomplete.		Ash	2.1 %

GTIN/UPC Code	Type of Package	Net Weight	Servings/ Container
00038000551321	Pouch	1.76oz (50g)	1
00038000551314	Carton	17.6oz (1lb 1.6oz) (500g)	10
00038000551307	Case		120

Information presented in this document applies to products intended for US consumers only.

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