

Product Name	Pop-Tarts Made with Whole Grain Frosted Fudge
Flavor Descriptor	
NLI Description	Production
Brand	KELLOGG'S



Date Created	02-02-15
NLI #	11248
Kosher Status	Not Kosher
Product of	U.S.A.

USDA Ounce Equivalents of Grain per Serving	2.5			
USDA Ounce Equivalents of Meat/Meat Alternate				
	Carbohydrates	Fat	Protein	Free
Diet Exchange	5	1	1	
Whole Grains (g/serving)	23			

Serving Size	1 Package					
Serving Size g	100					
Serving Size oz						
Amount Per Serving						
Calories	360					
Calories from Fat	50					
			% Daily Value*			% Daily Value*
Total Fat	6	g	9	%		%
Saturated Fat	2	g	10	%		%
Trans Fat	0	g				
Polyunsaturated Fat	2	g				
Monounsaturated Fat	1.5	g				
Cholesterol	0	mg	0	%		%
Sodium	390	mg	16	%		%
Potassium		mg		%		%
Total Carbohydrate	76	g	25	%		%
Dietary Fiber	6	g	23	%		%
Soluble Fiber		g				
Insoluble Fiber		g				
Sugars	33	g				
Sugar Alcohol		g				
Other Carbohydrate		g				
Protein	5	g				%
Vitamin A			20	%		%
Vitamin C			0	%		%
Calcium			20	%		%
Iron			20	%		%
Vitamin D				%		%
Vitamin E				%		%
Vitamin K				%		%
Thiamin			20	%		%
Riboflavin			20	%		%
Niacin			20	%		%
Vitamin B6			20	%		%
Folic Acid				%		%
Vitamin B12				%		%
Biotin				%		%
Pantothenic Acid				%		%
Phosphorus				%		%
Iodine				%		%
Magnesium				%		%
Zinc				%		%
Selenium				%		%
Copper				%		%
Manganese				%		%
Chromium				%		%
Molybdenum				%		%

**Ingredients:**

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

**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	358	Vitamin A	1000 IU
Calories from fat	55	Vitamin C	0 mg
Total Fat	6.1 g	Calcium	200.0 mg
Saturated Fat	2.0 g	Iron	3.6 mg
Polyunsaturated Fat	2.2 g	Vitamin D	0 IU
Monounsaturated Fat	1.3 g	Vitamin E	0 IU
Trans Fat	0.1 g	Thiamin	0.30 mg
Cholesterol	0 mg	Riboflavin	0.34 mg
Sodium	386 mg	Niacin	4.0 mg
Potassium	156 mg	Vitamin B6	0.40 mg
Total Carbohydrate	75.6 g	Folic Acid	41 mcg
Dietary Fiber	5.8 g	Vitamin B12	0.0 mcg
Soluble Fiber	3.1 g	Pantothenic Acid	NA mg
Insoluble Fiber	2.7 g	Phosphorus	208 mg
Sugars	32.7 g	Magnesium	32 mg
Sugar Alcohols	NA g	Zinc	1.0 mg
Protein	5.1 g	Copper	NA mg
NA = Database values for the nutrient do not exist or are incomplete.		Manganese	NA mg
		Selenium	NA mcg
		Moisture	11.3 %
		Ash	1.9 %

GTIN/UPC Code	Type of Package	Net Weight	Servings Per Container
000 38000 12073 2	Case	12- 21.1oz (600g)	72
000 38000 12074 9	Carton	21.1oz (1lb 5.1oz) (600g)	6
000 38000 12077 0	Pouch	3.53oz (100g)	1