



Date Created	04/21/17
NLI #	14168
Kosher Status	Not Kosher
Product of	U.S.A.

USDA Ounce Equivalents of Grain per Serving	2.25
USDA Ounce Equivalents of Meat/Meat Alternate	
Whole Grains (g/serving)	21 g

Product Name	Made with Whole Grain Frosted Blueberry
Flavor Descriptor	Naturally and Artificially Flavored
NLI Description	Production
Brand	<b>Pop-Tarts</b>

Serving Size	1 Pouch
Serving Size g	100
Serving Size oz	
Amount Per Serving	
Calories	360
Calories from Fat	50

			% Daily Value*		% Daily Value*
Total Fat	5 g	8 %			
Saturated Fat	2 g	10 %			
Trans Fat	0 g				
Polyunsaturated Fat	2 g				
Monounsaturated Fat	1 g				
Cholesterol	0 mg	0 %			
Sodium	360 mg	15 %			
Potassium					
Total Carbohydrate	76 g	25 %			
Dietary Fiber	6 g	22 %			
Soluble Fiber					
Insoluble Fiber					
Sugars	30 g				
Sugar Alcohol					
Other Carbohydrate					
Protein	4 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, 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 BLUEBERRIES, DRIED GRAPES, DRIED APPLES, CALCIUM CARBONATE, SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA), SODIUM STEAROYL LACTYLATE, MODIFIED WHEAT STARCH, CITRIC ACID, DATEM, GELATIN, YELLOW CORN FLOUR, PALM OIL, XANTHAN GUM, CARAMEL COLOR, CORNSTARCH, TURMERIC EXTRACT COLOR, SOY LECITHIN, RED 40, VITAMIN A PALMITATE, NIACINAMIDE, REDUCED IRON, NATURAL AND ARTIFICIAL FLAVORS, BLUE 2, BLUE 1, VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B2 (RIBOFLAVIN), VITAMIN B1 (THIAMIN HYDROCHLORIDE), 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	363	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	360 mg	Vitamin B12	0.0 mcg
Potassium	118 mg	Biotin	NA mcg
Total Carbohydrate	75.6 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	29.6 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	1.9 %

GTIN/UPC Code	Type of Package	Net Weight	Servings/ Container
00038000172014	Pouch	3.53oz (100g)	1
00038000172007	Carton	21.1oz (1lb 5.1oz) (600g)	6
00038000171994	Case		72