



Date Created	04/21/17
NLI #	14167
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

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 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 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.

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**ALLERGEN INFORMATION:**  
**CONTAINS WHEAT AND SOY INGREDIENTS.**

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\*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
00038000171987	Pouch	1.76oz (50g)	1
00038000171970	Carton	17.6oz (1lb 1.6oz) (500g)	10
00038000171963	Case		120