

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

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**Product Type**  
Grab 'N Go Pop-Tarts

**Product Category**  
Grab 'n Go Snacks

**UPC Code**  
3800055130

**Servings/Case**  
120 ct

**Format**  
Single Serve

**Net Weight**  
16.22

**Sizes**  
1.76 oz

**Allergen Information**  
CONTAINS WHEAT AND SOY INGREDIENTS.

**Dietary Exchange Per Serving**  
2 1/2 Carbohydrates, 1/2 Fat

**Kosher Status**  
2 1/2 Carbohydrates, 1/2 Fat

**Bread/Grain Equivalents**  
1.0

**Shelf Life**  
365 days (12 months)

**Country of Origin**  
Distributed in USA



Date Printed: 09/12/2013

# Kellogg's® Pop-Tarts® Low Fat Frosted Strawberry

<b>Nutrition Facts</b>	
Serving Size	1 Pastry (50g)
<b>Amount Per Serving</b>	
<b>Calories</b> 180	Calories from Fat 20
<b>% Daily Value*</b>	
<b>Total Fat</b> 2.5g	<b>4%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 0.5g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 180mg	<b>8%</b>
<b>Total Carbohydrate</b> 38g	<b>13%</b>
Dietary Fiber 3g	<b>11%</b>
Sugars 15g	
<b>Protein</b> 2g	
Vitamin A 10% • Vitamin C 0% • Calcium 10% • Iron 10%	
Thiamin 10% • Riboflavin 10% • Niacin 10% • Vitamin B <sub>6</sub> 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 B<sub>1</sub> [THIAMIN MONONITRATE], VITAMIN B<sub>2</sub> [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 B<sub>6</sub> (PYRIDOXINE HYDROCHLORIDE), VITAMIN B<sub>2</sub> (RIBOFLAVIN), VITAMIN B<sub>1</sub> (THIAMIN HYDROCHLORIDE), BLUE 1.

**CONTAINS WHEAT AND SOY INGREDIENTS.**

NLI#09263