

**Kellogg's® Pop-Tart™ Made With Whole Grain Frosted Cinnamon**

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

**Product Category**  
Grab 'n Go Snacks

**UPC Code**  
3800055122

**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**  
1.25

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

**Country of Origin**  
Distributed in USA



Date Printed: 09/12/2013

**Kellogg's®  
Pop-Tarts®  
Low Fat Frosted Brown Sugar Cinnamon**

<b>Nutrition Facts</b>	
Serving Size	1 Pastry (50g)
<b>Amount Per Serving</b>	
<b>Calories</b> 180	Calories from Fat 25
<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> 190mg	<b>8%</b>
<b>Total Carbohydrate</b> 37g	<b>12%</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		
<p><b>INGREDIENTS:</b> WHOLE WHEAT FLOUR, SUGAR, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B<sub>1</sub> [THIAMIN MONONITRATE], VITAMIN B<sub>2</sub> [RIBOFLAVIN], FOLIC ACID), CORN SYRUP, DEXTROSE, SOYBEAN AND PALM OIL (WITH TBHQ FOR FRESHNESS), CRACKER MEAL, POLY-DEXTROSE, GLYCERIN, CONTAINS TWO PERCENT OR LESS OF MALTODEXTRIN, MOLASSES, CALCIUM CARBONATE, SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA), WHEAT STARCH, CINNAMON, SODIUM STEAROYL LACTYLATE, DATEM, GELATIN, CARAMEL COLOR, XANTHAN GUM, VITAMIN A PALMITATE, NIACINAMIDE, REDUCED IRON, VITAMIN B<sub>6</sub> (PYRIDOXINE HYDROCHLORIDE), VITAMIN B<sub>2</sub> (RIBOFLAVIN), VITAMIN B<sub>1</sub> (THIAMIN HYDROCHLORIDE), SOY LECITHIN.</p>		
<p><b>CONTAINS WHEAT AND SOY INGREDIENTS.</b></p>		

NLI#09284