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

Product Type

Grab 'N Go Pop-Tarts

Product Category

UPC Code

3800055122

Servings/Case

120 ct

Sizes

1.76 oz

Format

Single Serve

Gross Weight

16.22

Allergen Information

CONTAINS WHEAT AND SOY INGREDIENTS.

Dietary Exchange Per Serving

2 1/2 Carbohydrates, 1/2 Fat

Kosher Status

Not Certified

Grain Ounce Equivalents

1.25

Shelf Life

365 days (12 months)

Country of Origin

Distributed in USA



Date Printed: 07/28/2015

Kellogg's®

Pop-Tarts®

Low Fat Frosted Brown Sugar Cinnamon

Nutrition Facts

Serving Size

1 Pastry (50g)

Amount Per Serving

Calories 180 **Calories from Fat** 25

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 1g **5%**

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 0.5g

Cholesterol 0mg **0%**

Sodium 190mg **8%**

Total Carbohydrate 37g **12%**

Dietary Fiber 3g **11%**

Sugars 15g

Protein 2g

Vitamin A 10% • Vitamin C 0% • Calcium 10% • Iron 10%

Thiamin 10% • Riboflavin 10% • Niacin 10% • Vitamin B₆ 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, 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), 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 B₆ (PYRIDOXINE HYDROCHLORIDE), VITAMIN B₂ (RIBOFLAVIN), VITAMIN B₁ (THIAMIN HYDROCHLORIDE), SOY LECITHIN.

CONTAINS WHEAT AND SOY INGREDIENTS.

NLI#09284

Product Name	Pop-Tarts Low Fat Frosted Brown Sugar Cinnamon
Flavor Descriptor	
NLI Description	Production
Brand	KELLOGG'S



Date Created	01-07-15
NLI #	09284
Kosher Status	Not Kosher
Product of	U.S.A.

USDA Ounce Equivalents of Grain per Serving	1.25			
USDA Ounce Equivalents of Meat/Meat Alternate				
	Carbohydrates	Fat	Protein	Free
Diet Exchange	2 1/2	1/2		
Whole Grains (g/serving)	11			

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	190 mg	8 %		
Potassium				
Total Carbohydrate	37 g	12 %		
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, 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), CRACKER MEAL, POLYDEXTROSE, 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 B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B2 (RIBOFLAVIN), VITAMIN B1 (THIAMIN HYDROCHLORIDE), SOY LECITHIN.

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 Jursinic
 Julia M. Jursinic, MS
 Sr. Director, Nutrition Labeling & Regulatory Compliance
 Kellogg Company

Nutrient Contents Per 100g			
Calories	366	Vitamin A	1000 IU
Calories from fat	49	Vitamin C	0 mg
Total Fat	5.5 g	Calcium	200.0 mg
Saturated Fat	1.9 g	Iron	3.6 mg
Monounsaturated Fat	1.2 g	Vitamin D	0 IU
Polyunsaturated Fat	2.2 g	Vitamin E	0 IU
Trans Fat	0.1 g	Thiamin	0.30 mg
Cholesterol	0 mg	Riboflavin	0.34 mg
Sodium	385 mg	Niacin	4.0 mg
Potassium	135 mg	Vitamin B6	0.40 mg
Total Carbohydrate	74.7 g	Folic Acid	4.0 mcg
Dietary Fiber	5.6 g	Vitamin B12	0.0 mcg
Soluble Fiber	2.9 g	Pantothenic Acid	NA mg
Insoluble Fiber	0.2 g	Phosphorus	193 mg
Sugars	30.8 g	Magnesium	27 mg
Sugar Alcohols	NA g	Zinc	0.9 mg
Protein	4.7 g	Copper	NA mg
NA = Database values for the nutrient do not exist or are incomplete.		Manganese	NA mg
		Selenium	NA mcg
		Moisture	12.8 %
		Ash	2.3 %

GTIN/UPC Code	Type of Package	Net Weight	Servings Per Container
000 38000 55124 6	Pouch	1.76oz (50g)	1
000 38000 55123 9	Caddy	17.6oz (1 lb 1.6oz) (500g)	10
000 38000 55122 2	Case		120