

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: 12/29/2015

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 B ₆ 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 B ₁ [THIAMIN MONONITRATE], VITAMIN B ₂ [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 ₆ (PYRIDOXINE HYDROCHLORIDE), VITAMIN B ₂ (RIBOFLAVIN), VITAMIN B ₁ (THIAMIN HYDROCHLORIDE), SOY LECITHIN.	
CONTAINS WHEAT AND SOY INGREDIENTS.	

NLI#09284