

## Kellogg's® Pop-Tarts® Frosted Blueberry toaster pastries

Enriched wheat flour toaster pastries with a frosted top and real blueberry filling.

### Product Type

Grab 'N Go Pop-Tarts

### Product Category

### UPC Code

3800031032

### Servings/Case

72 ct

### Sizes

3.67 oz

### Format

Single Serve

### Gross Weight

18.80

### Allergen Information

CONTAINS WHEAT AND SOY INGREDIENTS.

### Dietary Exchange Per Serving

5 Carbohydrates, 2 Fat

### Kosher Status

Not Certified

### Grain Ounce Equivalents

0

### Shelf Life

365 days (12 months)

### Country of Origin

Distributed in USA



Date Printed: 03/20/2018

## Kellogg's® Pop-Tarts® Frosted Blueberry

<b>Nutrition Facts</b>	
Serving Size 1 Package (104g)	
<b>Amount Per Serving</b>	
<b>Calories 410</b>	Calories from Fat 90
<b>% Daily Value*</b>	
<b>Total Fat 10g</b>	<b>15%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
Polyunsaturated Fat 3.5g	
Monounsaturated Fat 2g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 330mg</b>	<b>14%</b>
<b>Total Carbohydrate 76g</b>	<b>25%</b>
Dietary Fiber 1g	<b>5%</b>
Sugars 32g	
<b>Protein 4g</b>	
Vitamin A 20% • Vitamin C 0% • Calcium 0% • Iron 20%	
Thiamin 20% • Riboflavin 20% • Niacin 20% • Vitamin B <sub>6</sub> 20%	
* 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
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
<b>INGREDIENTS:</b> ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B <sub>1</sub> [THIAMIN MONONITRATE], VITAMIN B <sub>2</sub> [RIBOFLAVIN], FOLIC ACID), CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, DEXTROSE, SOYBEAN AND PALM OIL (WITH TBHQ FOR FRESHNESS), SUGAR, BLEACHED WHEAT FLOUR, CONTAINS TWO PERCENT OR LESS OF WHEAT STARCH, SALT, DRIED BLUEBERRIES, DRIED GRAPES, DRIED APPLES, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE), CITRIC ACID, MODIFIED WHEAT STARCH, GELATIN, YELLOW CORN FLOUR, PALM OIL, XANTHAN GUM, SOY LECITHIN, CARAMEL COLOR, CORNSTARCH, TURMERIC EXTRACT COLOR, RED 40, VITAMIN A PALMITATE, NIACINAMIDE, REDUCED IRON, NATURAL AND ARTIFICIAL FLAVORS, BLUE 2, BLUE 1, VITAMIN B <sub>6</sub> (PYRIDOXINE HYDROCHLORIDE), VITAMIN B <sub>2</sub> (RIBOFLAVIN), VITAMIN B <sub>1</sub> (THIAMIN HYDROCHLORIDE), COLOR ADDED.	
<b>CONTAINS WHEAT AND SOY INGREDIENTS.</b>	

NLI#13934