

# Assorted Variety of Pop-Tarts (2 Count)

|                      |                    |                       |         |
|----------------------|--------------------|-----------------------|---------|
| <b>Servings:</b>     | 4.00               | <b>Category:</b>      | Grain   |
| <b>Serving Size:</b> | 1.00 Each          | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Breakfast          | <b>Recipe ID:</b>     | R-50582 |
| <b>School:</b>       | Knox Middle School |                       |         |

## Ingredients

| Description                   | Measurement | Prep Instructions | DistPart # |
|-------------------------------|-------------|-------------------|------------|
| PASTRY POP-TART WGRAIN BLUEB  | 1 Package   |                   | 865101     |
| PASTRY POP-TART WGRAIN CINN   | 1 Package   |                   | 123081     |
| PASTRY POP-TART WGRAIN FUDG   | 1 Package   |                   | 452082     |
| PASTRY POP-TART WGRAIN STRAWB | 1 Package   |                   | 123031     |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 2.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

### Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

| Amount Per Serving      |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 355.75                  |
| <b>Fat</b>              | 5.63g                   |
| <b>SaturatedFat</b>     | 1.83g                   |
| <b>Trans Fat</b>        | 0.03g                   |
| <b>Cholesterol</b>      | 0.00mg                  |
| <b>Sodium</b>           | 305.00mg                |
| <b>Carbohydrates</b>    | 74.50g                  |
| <b>Fiber</b>            | 5.90g                   |
| <b>Sugar</b>            | 29.75g                  |
| <b>Protein</b>          | 4.58g                   |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 230.00mg | <b>Iron</b> 3.60mg      |

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available