

Poptarts-2



| | | | |
|----------------------|-----------|-----------------------|---------|
| Servings: | 4.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-44295 |

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 2.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available