

Pop-Tart

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28979
School:	Wakarusa Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN FUDG	1 Each	1.25 Grain Equivalents	452062
PASTRY POP-TART WGRAIN STRAWB	1 Piece	1.00 Grain Equivalents	695890

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.125
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		170.00	
Fat		2.75g	
SaturatedFat		1.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		117.50mg	
Carbohydrates		36.00g	
Fiber		3.00g	
Sugar		14.50g	
Protein		2.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	130.00mg	Iron	1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available