

Blueberry Pop Tart



| | | | |
|---------------|---------------------------|----------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-8365 |
| School: | Graves County High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------|-------------|-------------------|------------|
| PASTRY POP-TART WGRAIN BLUEB | 1 Package | READY TO EAT | 865101 |

Preparation Instructions

READY TO EAT
CCP: Store at 50°F - 70°F.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 2.250 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving | | | |
|----------------------|----------|------------------|--------|
| Calories | | 363.00 | |
| Fat | | 5.50g | |
| SaturatedFat | | 1.80g | |
| Trans Fat* | | 0.10g | |
| Cholesterol | | 0.00mg | |
| Sodium | | 360.00mg | |
| Carbohydrates | | 76.00g | |
| Fiber | | 5.60g | |
| Sugar | | 30.00g | |
| Protein | | 4.30g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 200.00mg | 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