

Pop Tart- Variety

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-57060

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN STRAWB	1 Each		695890
PASTRY POP-TART WGRAIN FUDG	1 Each		452062
PASTRY POP-TART WGRAIN BLUEB	1 Each		865131
PASTRY POP-TART WGRAIN CINN	1 Each		695880

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	1.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	172.50
Fat	2.63g
Saturated Fat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	132.50mg
Carbohydrates	36.75g
Fiber	3.00g
Total Sugar	14.50g
Added Sugar	10.75g
Protein	2.00g
Vitamin A 125.00mcg	Vitamin C 0.00mg
Calcium 122.50mg	Iron 1.80mg

Nutrition - Per 100g

No 100g Conversion Available