

Product Name	Made with Whole Grain Frosted Fudge
Flavor Descriptor	
NLI Description	Production
Brand	Pop-Tarts



Date Created	01/07/20
NLI #	16322
Kosher Status	Not Kosher
Product of	U.S.A.

USDA Ounce Equivalents of Grain per Serving	1.25
USDA Ounce Equivalents of Meat/Meat Alternate	
Whole Grains (g/serving)	11 g

Serving Size	1 Pastry	
Serving Size g	48	
Serving Size oz		
Amount Per Serving		
Calories	170	
		% Daily Value*
Total Fat	3 g	4 %
Saturated Fat	1 g	5 %
Trans Fat	0 g	
Polyunsaturated Fat	1 g	
Monounsaturated Fat	0.5 g	
Cholesterol	0 mg	0 %
Sodium	190 mg	8 %
Total Carbohydrate	36 g	13 %
Dietary Fiber	3 g	10 %
Soluble Fiber		
Insoluble Fiber		
Total Sugars	15 g	
Includes 14g Added Sugars	14 g	28 %
Sugar Alcohol		
Protein	2 g	
Vitamin D	0 mcg	0 %
Calcium	150 mg	10 %
Iron	1.8 mg	10 %
Potassium	70 mg	0 %
Vitamin A		10 %
Vitamin C		%
Vitamin E		%
Vitamin K		%
Thiamin		10 %
Riboflavin		10 %
Niacin		10 %
Vitamin B6		10 %
Folate	mcg DFE	%
Folic Acid		mcg DFE
Vitamin B12		%
Biotin		%
Pantothenic Acid		%
Phosphorus		%
Iodine		%
Magnesium		%
Zinc		%
Selenium		%
Copper		%
Manganese		%
Chromium		%
Molybdenum		%
Chloride		%
Choline		%
Fluoride		%

Ingredients:
Whole wheat flour, sugar, enriched flour (wheat flour, niacin, reduced iron, vitamin B1 [thiamin mononitrate], vitamin B2 [riboflavin], folic acid), **corn syrup, dextrose, soybean and palm oil, bleached wheat flour, polydextrose, glycerin.**

Contains 2% or less of maltodextrin, cocoa, calcium carbonate, salt, leavening (sodium acid pyrophosphate, baking soda), wheat starch, cocoa processed with alkali, sodium stearoyl lactylate, gelatin, DATEM, xanthan gum, vitamin A palmitate, niacinamide, reduced iron, vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B1 (thiamin hydrochloride), soy lecithin.

ALLERGEN INFORMATION:
CONTAINS WHEAT AND SOY INGREDIENTS.

Nutrient Contents Per 100g			
Calories	358	Vitamin E	0 mg
Total Fat	6.1 g	Vitamin K	NA mcg
Saturated Fat	2.0 g	Thiamin	0.27 mg
Trans Fat	0.1 g	Riboflavin	0.30 mg
Polyunsaturated Fat	2.2 g	Niacin (NE)	3.8 mg
Monounsaturated Fat	1.3 g	Vitamin B6	0.40 mg
Cholesterol	0 mg	Folate (DFE)	57 mcg
Sodium	395 mg	Folic Acid	28 mcg
Total Carbohydrate	75.6 g	Vitamin B12	0.0 mcg
Dietary Fiber	6.0 g	Biotin	NA mcg
Soluble Fiber	4.1 g	Pantothenic Acid	NA mg
Insoluble Fiber	1.9 g	Phosphorus	219 mg
Total Sugars	30.4 g	Iodine	NA mcg
Added Sugars	30.2 g	Magnesium	33 mg
Sugar Alcohols	2.7 g	Zinc	1.0 mg
Protein	5.0 g	Selenium	NA mcg
Vitamin D	0.0 mcg	Copper	NA mg
Calcium	317.3 mg	Manganese	NA mg
Iron	3.8 mg	Chromium	NA mcg
Potassium	159 mg	Molybdenum	NA mcg
Vitamin A (RAE)	220 mcg	Chloride	NA mg
Vitamin C	0 mg	Choline	NA mg
NA = Database values for the nutrient do not exist or are incomplete.		Fluoride	NA mg
		Moisture	11.25 %
		Ash	2.05 %
		Whole Grain	24 %

GTIN/UPC Code	Type of Package	Net Weight	Servings Per Container
00038000120725	Pouch	1.69 OZ (48g)	1
00038000120718	Carton	16.9 OZ (1 LB 0.9 OZ) (480g)	10
00038000120701	Case		120

Product information can change at any time. Always refer to product package for current nutrition and ingredient information.

Bonnie Farmer

Bonnie Farmer, MS, RD
 Nutrition Labeling & Regulatory Compliance
 Kellogg Company

