

Product Name	Made with Whole Grain Frosted Cinnamon
Flavor Descriptor	
NLI Description	Production
Brand	<b>Pop-Tarts</b>



Date Created	01/07/20
NLI #	16266
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	
		<b>% Daily Value*</b>
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 15g Added Sugars	15 g	30 %
Sugar Alcohol		
Protein	2 g	
Vitamin D	0 mcg	0 %
Calcium	150 mg	10 %
Iron	2.1 mg	10 %
Potassium	60 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, molasses, calcium carbonate, salt, leavening (sodium acid pyrophosphate, baking soda), wheat starch, cinnamon, sodium stearoyl lactylate, DATEM, gelatin, 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	359	Vitamin E	0 mg
Total Fat	6.0 g	Vitamin K	NA mcg
Saturated Fat	1.9 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	1.2 g	Vitamin B6	0.40 mg
Cholesterol	0 mg	Folate (DFE)	56 mcg
Sodium	396 mg	Folic Acid	28 mcg
Total Carbohydrate	76.0 g	Vitamin B12	0.0 mcg
Dietary Fiber	5.7 g	Biotin	NA mcg
Soluble Fiber	4.0 g	Pantothenic Acid	NA mg
Insoluble Fiber	1.6 g	Phosphorus	211 mg
Total Sugars	31.4 g	Iodine	NA mcg
Added Sugars	31.2 g	Magnesium	30 mg
Sugar Alcohols	2.6 g	Zinc	0.9 mg
Protein	4.7 g	Selenium	NA mcg
Vitamin D	0.0 mcg	Copper	NA mg
Calcium	321.4 mg	Manganese	NA mg
Iron	4.4 mg	Chromium	NA mcg
Potassium	137 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	24.04 %

GTIN/UPC Code	Type of Package	Net Weight	Servings Per Container
00038000551246	Pouch	1.69 OZ (48g)	1
00038000551239	Caddy	16.9 OZ (1 LB 0.9 OZ) (480g)	10
		10 - 1.69 OZ (48g) Pouches	
00038000551222	Case		120
	Carton	2.46 OZ (70g) & 4.23 FL OZ (125ml)	1
00038000231155	Case		

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

*Bonnie Farmer*  
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 Nutrition Labeling & Regulatory Compliance  
 Kellogg Company

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