

Kellogg's® Pop-Tarts® Made With Whole Grain Frosted Blueberry

Keep students coming back with these wholesome, perfectly frosted pockets of blueberry deliciousness. Fully baked and fun to eat right from the pouch.

Product Type
Grab 'N Go Pop-Tarts

Allergen Information
CONTAINS WHEAT AND SOY INGREDIENTS.

Product Category

Dietary Exchange Per Serving

UPC Code
3800017196

Kosher Status
Not Certified

Servings/Case
120 ct

Grain Ounce Equivalents
1.0

Sizes
1.76 oz

Shelf Life
365 days (12 months)

Format
Single Serve

Country of Origin
Distributed in USA

Gross Weight
16.22



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Nutrition Facts	
Serving Size	1 Pastry (50g)
Amount Per Serving	
Calories 180	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 0.5g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 38g	13%
Dietary Fiber 3g	11%
Sugars 15g	
Protein 2g	
Vitamin A 10% • Vitamin C 0% • Calcium 10% • Iron 10%	
Thiamin 10% • Riboflavin 10% • Niacin 10% • Vitamin B6 10%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat. Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
INGREDIENTS: WHOLE WHEAT FLOUR, SUGAR, CORN SYRUP, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B1 (THIAMIN MONONITRATE), VITAMIN B2 (RIBOFLAVIN), FOLIC ACID), DEXTROSE, SOYBEAN AND PALM OIL (WITH TBHQ FOR FRESHNESS), BLEACHED WHEAT FLOUR, POLYDEXTROSE, GLYCERIN, FRUCTOSE, CONTAINS TWO PERCENT OR LESS OF WHEAT STARCH, DRIED BLUEBERRIES, DRIED GRAPES, DRIED APPLES, CALCIUM CARBONATE, SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA), SODIUM STEAROYL LACTYLATE, MODIFIED WHEAT STARCH, CITRIC ACID, DATEM, GELATIN, YELLOW CORN FLOUR, PALM OIL, XANTHAN GUM, CARAMEL COLOR, CORNSTARCH, TURMERIC EXTRACT COLOR, SOY LECITHIN, RED 40, VITAMIN A PALMITATE, NIACINAMIDE, REDUCED IRON, NATURAL AND ARTIFICIAL FLAVORS, BLUE 2, BLUE 1, VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B2 (RIBOFLAVIN), VITAMIN B1 (THIAMIN HYDROCHLORIDE), COLOR ADDED.	
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