

Kellogg's® Pop-Tarts® Frosted Blueberry toaster pastries

Enriched wheat flour toaster pastries with a frosted top and real blueberry filling.

Product Type
Grab 'N Go Pop-Tarts

Product Category
Grab 'n Go Snacks

UPC Code
3800000499

Servings/Case
80 ct

Format
Single Serve

Gross Weight
9.80

Sizes
1.83 oz

Allergen Information
CONTAINS WHEAT AND SOY INGREDIENTS.

Dietary Exchange Per Serving
2 1/2 Carbohydrates, 1 Fat

Kosher Status
Not Certified

Grain or Bread Ounce Equivalents

1

Shelf Life
365 days (12 months)

Country of Origin
Distributed in USA



Date Printed: 12/11/2013

**Kellogg's®
Pop-Tarts®
Frosted Blueberry**

Nutrition Facts	
Serving Size	1 Pastry (52g)
Amount Per Serving	
Calories 200	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 38g	13%
Dietary Fiber less than 1g	3%
Sugars 16g	
Protein 2g	
Vitamin A 10% • Vitamin C 0% • Calcium 0% • Iron 10%	
Thiamin 10% • Riboflavin 10% • Niacin 10% • Vitamin B ₆ 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

Saturated 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
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			
<p>INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B₁ [THIAMIN MONONITRATE], VITAMIN B₂ [RIBOFLAVIN], FOLIC ACID), CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, DEXTROSE, SOYBEAN AND PALM OIL (WITH TBHQ FOR FRESHNESS), SUGAR, CRACKER MEAL, CONTAINS TWO PERCENT OR LESS OF WHEAT STARCH, SALT, DRIED BLUEBERRIES, DRIED GRAPES, DRIED APPLES, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE), CITRIC ACID, MILLED CORN, GELATIN, SOYBEAN OIL, MODIFIED CORN STARCH, MODIFIED WHEAT STARCH, SOY LECITHIN, XANTHAN GUM, CARAMEL COLOR, RED 40, VITAMIN A PALMITATE, NIACINAMIDE, REDUCED IRON, NATURAL AND ARTIFICIAL FLAVOR, BLUE 2, BLUE 1, VITAMIN B₆ (PYRIDOXINE HYDROCHLORIDE), COLOR ADDED, TURMERIC EXTRACT, VITAMIN B₂ (RIBOFLAVIN), VITAMIN B₁ (THIAMIN HYDROCHLORIDE).</p>			
CONTAINS WHEAT AND SOY INGREDIENTS.			

NLI#09291

Case UPC	Product Name	Oz Eq Grain	Pack Size	Serving Size (Servings per Pkg)	Grams of Creditable Grains Per Serving	Meets USDA Whole Grain-Rich*
Kellogg's® Cereal Bulk Pack						
38000-54746	Kellogg's® Cinnabon™ Cinnamon Cereal	1	33 oz./4 ct.	30 g	1 oz = 1 oz eq grain	
38000-00191	Kellogg's Corn Flakes®	1	26 oz./4 ct.	28 g	1 oz = 1 oz eq grain	
38000-01091	Kellogg's® Corn Pops®	1	35 oz./4 ct.	30 g	1 oz = 1 oz eq grain	
38000-55182	Kellogg's® Crunchy Nut™ Roasted Nut & Honey	0.75	39 oz./4 ct.	27 g	1 oz = 1 oz eq grain	
38000-04991	Kellogg's® Frosted Mini Wheats®	1.75	56 oz./4 ct.	54 g	1 oz = 1 oz eq grain	X
38000-49834	Kellogg's® Low Fat Granola Crunchy Clusters	2	50 oz./4 ct.	58 g	1 oz = 1 oz eq grain	X
38000-13791	Kellogg's® Low Fat Granola with Raisins	2	50 oz./4 ct.	60 g	1 oz = 1 oz eq grain	X
38000-25435	Kellogg's® Low Fat Granola without Raisins	1.75	50 oz./4 ct.	49 g	1 oz = 1 oz eq grain	X
Kashi® Oatmeal-in-a-Cup						
18627-31418	Kashi® Heart to Heart® Instant Oatmeal Assortment	See individual product listings. Includes Golden Brown Maple and Apple Cinnamon.				
In Assortment	Kashi® Heart to Heart® Instant Oatmeal Golden Brown Maple	1.75	1.9 oz.	1 Container	1 oz = 1 oz eq grain	X
In Assortment	Kashi® Heart to Heart® Instant Oatmeal Apple Cinnamon	1.75	1.9 oz.	1 Container	1 oz = 1 oz eq grain	X
Kellogg's® Pop-Tarts® Toaster Pastries made with Whole Grain – Single Count (3 grams of fiber, at least 10g Whole Grain)						
38000-55130	Pop-Tarts® Made With Whole Grain Frosted Strawberry	1	120/1.76 oz.	1 Pastry	18	X
38000-55122	Pop-Tarts® Made With Whole Grain Frosted Cinnamon	1.25	120/1.76 oz.	1 Pastry	20	X
Kellogg's® Pop-Tarts® Toaster Pastries – Single Count						
38000-00499	Pop-Tarts® Frosted Blueberry	1	80/1.83 oz.	1 Pastry	19	
38000-08584	Pop-Tarts® Frosted Brown Sugar Cinnamon	1.25	80/1.76 oz.	1 Pastry	22	
38000-00498	Pop-Tarts® Frosted Strawberry	1	80/1.83 oz.	1 Pastry	19	
38000-00500	Pop-Tarts® Strawberry	1.25	80/1.83 oz.	1 Pastry	21	
Kellogg's® Pop-Tarts® Toaster Pastries made with Whole Grain – Two Count (6 grams of fiber, at least 21g Whole Grain)						
38000-55133	Pop-Tarts® Made With Whole Grain Frosted Strawberry	2.25	72/3.53 oz.	2 Pastries	36	X
38000-55125	Pop-Tarts® Made With Whole Grain Frosted Cinnamon	2.5	72/3.53 oz.	2 Pastries	41	X