

Pop-tarts KCDA No. 47629

Nutrition Facts

Serving Size

1 Pastry (48 grams)

Amount Per Serving

Calories

170

% Daily Value*

Total Fat 2.5g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 36g	13%
Total Fiber NA	NA%
Total Sugar 14g	
Includes 14g added sugars	28%
Protein 2g	
Vitamin D NA	NA%
Calcium 130mg	10%
Iron 1.80mg	10%
Potassium 50mg	1%

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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, bleached wheat flour, polydextrose, glycerol. Contains 2% or less of: fructose, wheat starch, calcium carbonate, salt, leavening (sodium acid pyrophosphate, baking