K8264

SMART SNACKS PRODUCT CALCULATOR

HEALTHIER GENERATION

Smart Snacks Product Calculator Results

Brand:
Kellogg's

Product Name:
Chocolate Fudge Poptart

Serving Size:
50.00 g

First Ingredient:
Whole Wheat Flour

Your whole grain product meets all nutrient standards for entrees or snack foods.

Nutrition Facts

Serving Size 50.00 g

Servings Per Container

Amount Per Serving	
Calories 180	**Calories from Fat** NA
Total Fat (g) 3	
Saturated Fat (g) 1	
Trans Fat (g) 0	
Sodium (mg) 190	
Carbohydrates	
Sugars (g) 16	
Vitamin D (%) NA	Potassium (%) NA
Calcium (%) NA	Dietary Fiber (%) NA

The person or group responsible for the point of sale to students on campus should verify a product's compliance and print their own Calculator results for documentation intended for compliance purposes. Results from this calculator have been determined by the USDA to be accurate in assessing product compliance with the Federal requirements for Smart Snacks in Schools provided the information is not misrepresented when entered into the Calculator.

LEADING THE WAY FOR CHILDREN'S HEALTH

FOUNDED BY: American Heart Association

Official Nutrition Label Information

K8264

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

Date Created	01-05-17
NLI #	12545
Kosher Status	Not Kosher
Product of	U.S.A.

USDA Calorie Equivalents of Grain per Serving	*.25
USDA Calorie Equivalents of Meat/Meat Alternate	
Whole Grains (grams/oz)	1*

Serving Size	1 Pastry
Servings Sold g	50
Serving Size oz	
Amount Per Serving	
Calories	180
Calories from Fat	25

			% Daily Value*	
Total Fat	3	g	5	%
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	%
Potassium		mg		%
Total Carbohydrate	38	g	13	%
Dietary Fiber	3	g	12	%
Soluble Fiber		g		g
Insoluble Fiber		g		g
Sugars	16	g		g
Sugar Alcohol		g		g
Other Carbohydrate		g		g
Protein	3	g	6	%
Vitamin A			10	%
Vitamin C			0	%
Calcium			10	%
Iron			10	%
Vitamin D				%
Vitamin E				%
Vitamin K				%
Thiamin			10	%
Riboflavin			10	%
Niacin			10	%
Vitamin B6			10	%
Folic Acid				%
Vitamin B12				%
Biotin				%
Pantothenic Acid				%
Phosphorus				%
Iodine				%
Magnesium				%
Zinc				%
Selenium				%
Copper				%
Manganese				%
Chromium				%
Molybdenum				%

Kellogg Company - Proprietary

Pop-Tarts Made with Whole Grain Frosted Fudge

Kellogg's

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 (WITH TBHQ FOR FRESHNESS), BLEACHED WHEAT FLOUR, POLYDEXTROSE, GLYCERIN, CONTAINS 1% 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, SOY LECITHIN, VANILLA EXTRACT, NIACINAMIDE, REDUCED IRON, VITAMIN A PALMITATE, VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B2 (RIBOFLAVIN), VITAMIN B1 (THIAMIN HYDROCHLORIDE).

ALLERGEN INFORMATION:
CONTAINS WHEAT AND SOY INGREDIENTS.

Nutrient Contents Per 100g			
Calories	368	Vitamin A	1000 IU
Calories from fat	351	Vitamin C	0 mg
Total Fat	6.1 g	Calcium	200.0 mg
Saturated Fat	2.0 g	Iron	3.6 mg
Polyunsaturated Fat	2.2 g	Vitamin D	0 IU
Monounsaturated Fat	1.5 g	Vitamin E	0 IU
Trans Fat	0.1 g	Thiamin	0.33 mg
Cholesterol	0 mg	Riboflavin	0.34 mg
Sodium	380 mg	Niacin	4.0 mg
Potassium	169 mg	Vitamin B6	0.4 mg
Total Carbohydrate	75.6 g	Folic Acid	41 mcg
Dietary Fiber	5.6 g	Vitamin B12	0 mcg
Soluble Fiber	3.1 g	Pantothenic Acid	NA mg
Insoluble Fiber	2.7 g	Phosphorus	238 mg
Sugars	32.7 g	Magnesium	32 mg
Sugar Alcohols	NA g	Zinc	1.6 mg
Protein	5.1 g	Copper	NA mg
		Manganese	NA mg
		Selenium	NA mcg
		Moisture	11.3 %
		Ash	1.9 %

NA = values do not exist or are incomplete.

GTIN/IPC Code	Type of Package	Net Weight	Servings Per Container
009 38000 12073 1	Case	19- 17.6oz (500g)	120

*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
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

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

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Kellogg Company

NLI# 12545

*Note: This document is for technical use only. Please refer to packaging or sales materials for correct trademark usage.