

Basic Report 28165, KELLOGG'S, POP-TARTS, Chocolate Chip Cookie Dough Toaster Pastries

Report Date: February 24, 2018 20:35 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 pastry 50g
Proximates			
Water	g	12.80	6.40
Energy	kcal	387	194
Protein	g	4.50	2.25
Total lipid (fat)	g	10.50	5.25
Carbohydrate, by difference	g	69.40	34.70
Fiber, total dietary	g	1.5	0.8
Sugars, total	g	35.50	17.75
Minerals			
Calcium, Ca	mg	200	100
Iron, Fe	mg	3.60	1.80
Magnesium, Mg	mg	12	6
Phosphorus, P	mg	83	42
Potassium, K	mg	71	36
Sodium, Na	mg	382	191
Zinc, Zn	mg	0.30	0.15
Vitamins			
Thiamin	mg	0.300	0.150
Riboflavin	mg	0.340	0.170
Niacin	mg	4.000	2.000
Vitamin B-6	mg	0.400	0.200
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	300	150
Vitamin A, IU	IU	1000	500
Vitamin E (alpha-tocopherol)	mg	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0

Nutrient	Unit	1 Value Per100 g	1 pastry 50g
Lipids			
Fatty acids, total saturated	g	3.800	1.900
Fatty acids, total monounsaturated	g	2.400	1.200
Fatty acids, total polyunsaturated	g	3.400	1.700
Fatty acids, total trans	g	0.200	0.100
Cholesterol	mg	0	0

Amino Acids

Other