

Cinnamon French Toast Sticks



Nutrition Facts

Serving Size: 5 pieces (120g)

Servings per Container: about 12

Amount per Serving

Calories 310

Calories from Fat 120

		% Daily Value*
Total Fat	14g	21%
Saturated Fat	2.5g	12%
<i>Trans</i> Fat	0g	
Cholesterol	15mg	4%
Sodium	430mg	18%
Total Carbohydrate	42g	14%
Dietary Fiber	1g	5%
Sugars	15g	
Protein	5g	

Vitamin A 20% • Vitamin C 2% • Calcium 10% • Iron 20%

Thiamine 15% • Riboflavin 25% • Niacin 15% • Vitamin B6 10%

Folic Acid 8% • Phosphorus 2% • Magnesium 2%

*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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4