



**French Toast Sticks - 37702**

**Nutrition Facts**

Serving Size: 4 pieces (106g)

Servings Per Container: About 4

**Amount per Serving**

**Calories 270**

Calories from Fat 90

		<b>% Daily Value*</b>
<b>Total Fat</b>	11g	<b>17%</b>
Saturated Fat	1.5g	<b>8%</b>
<i>Trans</i> Fat	0g	
<b>Cholesterol</b>	0mg	<b>0%</b>
<b>Sodium</b>	450mg	<b>19%</b>
<b>Potassium</b>	20mg	<b>1%</b>
<b>Total Carbohydrate</b>	39g	<b>13%</b>
Dietary Fiber	1g	<b>4%</b>
Sugars	7g	
<b>Protein</b>	5g	

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

Thiamin 15% • Riboflavin 30% • Niacin 15%

Vitamin B6 10% • Folate 8% • 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		5g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4