

Original French Toast Sticks



Nutrition Facts

Serving Size: 5 pieces (120g)

Servings per Container: about 4

Amount per Serving

Calories 330 Calories from Fat 130

| | | % Daily Value* |
|---------------------------|-------|----------------|
| Total Fat | 15g | 23% |
| Saturated Fat | 2g | 11% |
| <i>Trans</i> Fat | 0g | |
| Cholesterol | 0mg | 0% |
| Sodium | 490mg | 20% |
| Total Carbohydrate | 42g | 14% |
| Dietary Fiber | 2g | 9% |
| Sugars | 10g | |
| Protein | 6g | |

Vitamin A 15% • Vitamin C 0% • Calcium 20% • Iron 20%

Vitamin D 10% • Thiamin 20% • Riboflavin 25% • Niacin 15%

Vitamin B6 10% • Folate 8% • Phosphorus 6% • 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