



Cinnamon Sprinkle French Toast Sticks - 37703

Nutrition Facts

Serving Size: 4 pieces (106g)
 Servings Per Container: About 4

Amount per Serving

Calories 290 **Calories from Fat 90**

		% Daily Value*
Total Fat	10g	15%
Saturated Fat	1.5g	8%
<i>Trans</i> Fat	0g	
Cholesterol	0mg	0%
Sodium	430mg	18%
Potassium	25mg	1%
Total Carbohydrate	45g	15%
Dietary Fiber	2g	8%
Sugars	15g	
Protein	5g	

Vitamin A 20% • Vitamin C 2% • Calcium 15% • Iron 25%

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		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4