

# Original French Toast Sticks



## Nutrition Facts

Serving Size: 5 pieces (120g)  
 Servings per Container: about 5

### Amount per Serving

**Calories** 330                      Calories from Fat 130

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

Vitamin A 15% • Vitamin C 0% • Calcium 20% • Iron 20%  
 Vitamin D 10% • Thamin 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