

Maple French Toast Sticks



Nutrition Facts

Serving Size: 5 pieces (120g)

Servings per Container: about 4

Amount per Serving

Calories 340 Calories from Fat 140

		% Daily Value*
Total Fat	16g	24%
Saturated Fat	2.5g	12%
<i>Trans</i> Fat	0g	
Cholesterol	0mg	0%
Sodium	380mg	16%
Total Carbohydrate	44g	15%
Dietary Fiber	2g	9%
Sugars	16g	
Protein	6g	

Vitamin A 15% • Vitamin C 10% • Calcium 20% • Iron 15%

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

Folate 10% • Phosphorus 6% • Magnesium 2% • Zinc 4%

*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