

French Toast

Ingredients

Whole grain bread, Liquid egg whole, Milk 2%, Sugar, Salt, Vanilla Extract.

Nutrients per serving

Nutrition Facts	
Serving Size (175g)	
Servings Per Container	
Amount Per Serving	
Calories 250	Calories from Fat 50
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 330mg	14%
Total Carbohydrate 43g	14%
Dietary Fiber 4g	16%
Sugars 7g	
Protein 17g	
Vitamin A 6%	• Vitamin C 0%
Calcium 30%	• Iron 20%
*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
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	