

Apple Caramel French Toast Bake

Nutrition Facts

Serving Size 1- 4 oz piece (113.4g)

Servings Per Container 1

Amount Per Serving

Calories 231 Calories From Fat 72

		% Daily Value*
Total Fat	8g	13%
Saturated Fat	2g	12%
Trans Fat	1.00	0%
Cholesterol	119mg	40%
Sodium	221mg	9%
Total Carbohydrate	32g	11%
Dietary Fiber	2g	7%
Sugars	17g	

Protein 6g

Vitamin A 9% ● Vitamin C 3%

Calcium 10% ● Iron 9%

*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	

Ingredients: French Toast Bread (Enriched Wheat Flour, Water, High Fructose Corn Syrup, Yeast, Salt, Soybean Oil, Mono and Diglycerides, Calcium Propionate, Datem, Monocalcium Phosphate, Calcium Sulfate, Corn Flour, Soy Lecithin, Spice, Coloring, Natural and Artificial Flavor, Soy Flour); Granny Smith Apples; 2 % Milk; Eggs (Liquid Whole Eggs, Citric Acid, Water); Light Brown Sugar; Margarine (Soybean Oil, Partially Hydrogenated Soybean Oil, Water, Salt, Soy Lecithin, Vegetable Mono- and Diglycerides, Potassium Sorbate, Citric Acid, Artificial Flavor, Beta Carotene, Vitamin A Palmitate); Light Corn Syrup (Light Corn Syrup, Water, High Fructose Corn Syrup, Salt, Vanilla); Imitation Vanilla Flavor (Water, Caramel Color, Vanillin, Ethyl Vanillin, Potassium Sorbate); Cinnamon; Nutmeg.

Allergy Information: Soybeans, Eggs, Milk, Wheat

