

French Toast Sticks

Nutrition Facts

Serving Size 4 Sticks (85g)

Servings Per Container 1

Amount Per Serving

Calories 346 **Calories From Fat** 180

		% Daily Value*
Total Fat	20g	30%
Saturated Fat	4g	19%
Trans Fat	<1 g	0%
Cholesterol	19mg	6%
Sodium	359mg	15%
Total Carbohydrate	37g	12%
Dietary Fiber	4g	15%
Sugars	8g	

Protein 5g

Vitamin A 0% ● Vitamin C 0%

Calcium 4% ● Iron 6%

*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: Battered French Toast Sticks (Bread [Enriched Wheat Flour, Water, High Fructose Corn Syrup, Salt, Yeast, Spices, Sodium Stearoyl Lactylate, Calcium Propionate, Soybean Oil], Water, Enriched Bleached Wheat Flour, Vegetable Oil, Sugar, Artificial Flavor, Dextrose, Dried Whole Egg, Leavening, Modified Corn Starch, Natural Flavor, Nonfat Milk, Paprika Extract, Partially Hydrogenated Soybean Oil, Salt, Wheat Starch, Whey, Yeast); Trans Fat Free Frying Oil.

Allergy Information: Milk, Eggs, Wheat, Soybeans