

Cinnamon French Toast

Ingredients

Bread, white, Texas toast, thick sliced, Eggs, Milk, 2%, w/add calc & vit A & D, Sugar, Butter, unsalted, Cinnamon, Salt, Kosher, course.

Nutrients per serving

Nutrition Facts	
Serving Size 2 Each (190g)	
Servings Per Container 1	
Amount Per Serving	
Calories 360	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 255mg	85%
Sodium 570mg	24%
Total Carbohydrate 49g	16%
Dietary Fiber 2g	8%
Sugars 9g	
Protein 15g	
Vitamin A 8%	• 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	