

Raisin Bread French Toast

Ingredients

Bread, raisin, unenrich, slice, Eggs, Sugar, Canola Oil, Salt, Kosher, course.

Nutrients per serving

Nutrition Facts	
Serving Size 2 Slices of Raisin Bread (100g)	
Servings Per Container 1	
Amount Per Serving	
Calories 230	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 185mg	62%
Sodium 310mg	13%
Total Carbohydrate 31g	10%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 9g	
Vitamin A 4%	• Vitamin C 0%
Calcium 6%	• Iron 10%
*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	