

Product Name	Chocolate Chip French Toast Minis
Flavor Descriptor	Naturally Flavored with Other Natural Flavors
NLI Description	Production
Brand	<b>Eggo</b>



Date Created	01/02/18
NLI #	14643
Kosher Status	OU-D
Product of	U.S.A.

USDA Ounce Equivalents of Grain per Serving	2
USDA Ounce Equivalents of Meat/Meat Alternate Whole Grains (g/serving)	32 g

Serving Size	1 Pouch				
Serving Size g	86				
Serving Size oz					
Amount Per Serving					
Calories	210				
			<b>% Daily Value*</b>		<b>% Daily Value*</b>
Total Fat	6 g		8 %		%
Saturated Fat	1.5 g		8 %		%
Trans Fat	0 g				
Polyunsaturated Fat					
Monounsaturated Fat					
Cholesterol	0 mg		0 %		%
Sodium	260 mg		11 %		%
Total Carbohydrate	35 g		13 %		%
Dietary Fiber	4 g		13 %		%
Soluble Fiber					
Insoluble Fiber					
Total Sugars	11 g				
Includes 10g Added Sugars	10 g		20 %		%
Sugar Alcohol					
Protein	5 g				%
Vitamin D	0 mcg		0 %		%
Calcium	260 mg		20 %		%
Iron	3.6 mg		20 %		%
Potassium	160 mg		2 %		%
Vitamin A			20 %		%
Vitamin C			%		%
Vitamin E			%		%
Vitamin K			%		%
Thiamin			%		%
Riboflavin			%		%
Niacin			15 %		%
Vitamin B6			10 %		%
Folate		mcg DFE	%	mcg DFE	%
Folic Acid			%		%
Vitamin B12			10 %		%
Biotin			%		%
Pantothenic Acid			%		%
Phosphorus			20 %		%
Iodine			%		%
Magnesium			%		%
Zinc			%		%
Selenium			%		%
Copper			%		%
Manganese			%		%
Chromium			%		%
Molybdenum			%		%
Chloride			%		%
Choline			%		%
Fluoride			%		%

**Ingredients:**  
**Whole wheat flour, water, sugar, egg whites, semisweet chocolate** (sugar, chocolate, dextrose, cocoa butter, soy lecithin), **vegetable oil** (soybean, palm and/or canola), **contains 2% or less of** leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), fructose, molasses, soy lecithin, natural flavors, salt, whey.  
**Vitamins and Minerals:** Calcium carbonate, vitamin A palmitate, reduced iron, vitamin B6 (pyridoxine hydrochloride), vitamin B12.

**ALLERGEN INFORMATION:**  
**CONTAINS WHEAT, EGG, SOY AND MILK INGREDIENTS.**

GTIN/UPC Code	Type of Package	Net Weight	Servings Per Container
00038000808142	Pouch	3.03 oz (86 g)	1
00038000808012	Case	72 - 3.03 oz (86 g)	72

Nutrient Contents Per 100g			
Calories	242	Vitamin E	0 mg
Total Fat	6.5 g	Vitamin K	NA mcg
Saturated Fat	1.9 g	Thiamin	NA mg
Trans Fat	0.1 g	Riboflavin	0.10 mg
Polyunsaturated Fat	1.8 g	Niacin (NE)	3.5 mg
Monounsaturated Fat	2.2 g	Vitamin B6	0.20 mg
Cholesterol	0 mg	Folate (DFE)	17 mcg
Sodium	300 mg	Folic Acid	0 mcg
Total Carbohydrate	40.7 g	Vitamin B12	0.3 mcg
Dietary Fiber	4.4 g	Biotin	NA mcg
Soluble Fiber	0.0 g	Pantothenic Acid	NA mg
Insoluble Fiber	0.0 g	Phosphorus	349 mg
Total Sugars	12.2 g	Iodine	NA mcg
Added Sugars	12.0 g	Magnesium	61 mg
Sugar Alcohols	NA g	Zinc	1.2 mg
Protein	5.3 g	Selenium	NA mcg
Vitamin D	0 mcg	Copper	NA mg
Calcium	304.1 mg	Manganese	NA mg
Iron	4.2 mg	Chromium	NA mcg
Potassium	194 mg	Molybdenum	NA mcg
Vitamin A (RAE)	210 mcg	Chloride	NA mg
Vitamin C	0 mg	Choline	NA mg
NA = Database values for the nutrient do not exist or are incomplete.		Fluoride	NA mg
		Moisture	45.3 %
		Ash	2.2 %
		Whole Grain	37.79 %

Product information can change at any time. Always refer to product package for current nutrition and ingredient information.

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 Kellogg Company

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