

French Toast Sticks, WG

Nutrition Facts

Serving Size: 5 Each

ALLERGENS

Soy, Wheat

Amount Per Serving

Calories: 327

Calories from Fat: 113

Total Fat:	12.6g
Saturated Fat:	2.5g
Trans Fat:	0.00
Cholesterol:	0mg
Sodium:	377mg
Total Carbohydrate:	47.7g
Dietary Fiber:	3.8g
Sugars:	11.3g
Protein:	7.5g

Vitamin A: 28RE

Vitamin C: .0mg

Calcium: 42.7mg

Iron: 2.3mg

The accuracy of the information shown above is based on data obtained from food manufacturers, food distributors, product packaging, and the USDA Child Nutrition database. Ingredients and menu items are subject to change or substitution. Please consult your own physician or medical professional for assistance with your specific medical or dietary situation.

Ingredients

French Toast Sticks, WG, Rich's (mfg label): BREAD (WATER, WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR [WHEAT FLOUR, Malted Barley Flour, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WHEAT GLUTEN, SUGAR, YEAST, SALT, SOYBEAN OIL, CULTURED WHEAT FLOUR, VINEGAR, ENZYMES, ASCORBIC ACID, SOY LECITHIN, SOY FLOUR), WATER, WHOLE WHEAT FLOUR, SOYBEAN OIL, SUGAR, ENRICHED YELLOW CORN FLOUR (YELLOW CORN FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: CARRAGEENAN, DEXTROSE, DRIED YEAST, GUM ARABIC, LEAVENING (BAKING SODA, MONOCALCIUM PHOSPHATE), NATURAL AND ARTIFICIAL FLAVOR, SALT, SOY FLOUR, SOY LECITHIN. CONTAINS WHEAT, SOY [903583]