

# Breakfast - French Toast Sticks

Lancer Management

**Author**

**Categories**

**Tools**

**Locations**

**Plate/Store**

**Yield** 1 servings

**Portion** 3 pieces

**Num Portions** 1

**Prep**

**Cook**

**Finish**

**Shelf**

## Nutrition Facts

Serving Size 3 pieces

Servings Per Container 1

Amount Per Serving

**Calories** 417    **Calories From Fat** 109

% Daily Value

**Total Fat** 12g                      18%

Saturated Fat 3g                      13%

**Cholesterol** 216mg                      72%

**Sodium** 377mg                      16%

**Total Carbohydrates** 69g                      23%

Dietary Fiber 1g                      4%

**Protein** 11g

Vitamin A 8%                      Vitamin C 1%

Calcium 15%                      Iron 11%

\* Percent Daily Values are based on a 2000 calorie diet.

## Nutrition Descriptors

High in Carbohydrates

High in Protein

Good Source of Calcium

Good Source of Iron