

Breakfast - White Toast Butter & Jelly

Lancer Management

Author

Categories

Tools

Locations

Plate/Store

Yield 1 servings

Portion 1 servings

Num Portions 1

Prep

Cook

Finish

Shelf

| Nutrition Facts | |
|--|--------------|
| Serving Size 1 servings | |
| Servings Per Container 1 | |
| Amount Per Serving | |
| Calories 230 Calories From Fat 118 | |
| % Daily Value | |
| Total Fat 13g | 20% |
| Saturated Fat 2g | 10% |
| Cholesterol 0mg | 0% |
| Sodium 392mg | 16% |
| Total Carbohydrates 24g | 8% |
| Dietary Fiber 1g | 5% |
| Protein 4g | |
| Vitamin A 10% | Vitamin C 0% |
| Calcium 6% | Iron 8% |
| * Percent Daily Values are based on a 2000 calorie diet. | |

The following items are not included in the label data

Ingredient

jelly

Reason

No nutrition information