
French Toast

Lancer Management

Categories

Tools

Locations

Plate

Yield 1 servings

Portion 2 pieces

Num Portions 1

Prep

Cook

Finish

Shelf

Nutrition Facts

Serving Size 2 pieces
Servings Per Container 1

Amount Per Serving

Calories 596 **Calories From Fat** 200

% Daily Value

Total Fat 22g 33%

Saturated Fat 4g 18%

Trans Fat 1g

Cholesterol 80mg 27%

Sodium 761mg 32%

Total Carbohydrates 93g 31%

Dietary Fiber 0g 0%

Protein 10g

Vitamin A 13% Vitamin C 0%

Calcium 18% Iron 17%

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

Nutrition Descriptors

High in Carbohydrates

High in Protein

Good Source of Vitamin A

Good Source of Calcium

Good Source of Iron

Ingredients

cinnamon Swirl french Toast, pancake syrup, margarine, Beyond

Contains: Eggs, Milk, Soy, Wheat