

FRENCH TOAST SWIRL

Nutrition Facts

Serving Size 1 slice 1/16 loaf
2oz (56g)
Servings Per Container About 16

Amount Per Serving

Calories 160 **Calories from Fat** 30

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 360mg **15%**

Total Carbohydrate 28g **9%**

Dietary Fiber 1g **4%**

Sugars 10g

Protein 3g

Vitamin A 2% • Vitamin C 0%

Calcium 0% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300 mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Enriched White Flour (White Flour, Malted Barley, Niacin, Reduced Iron, Thiamine, Mononitrate), Water, Sugar, Honey, Butter (Milk), Yeast, Salt, Eggs, and Cinnamon. CONTAINS: WHEAT, MILK AND EGG

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NET WT 32 OZ.