

French Toast Bar, #40404 – Readi-Bake Benefit

Ingredients:

WHOLE WHEAT AND ENRICHED FLOUR (WHOLE WHEAT FLOUR, WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, OAT FLOUR, EGGS, INTERESTERIFIED SOYBEAN OIL, INVERT SYRUP, MAPLE SYRUP, CANOLA OIL, WHEY, NATURAL FLAVORS, XANTHAN GUM, SPICE, SALT, INULIN, BAKING SODA, SOY LECITHIN.

Contains: Wheat, Milk, Soy, and Egg

****This is a representation of the nutrition label. The actual nutrition label on the product may vary slightly.****

Newington Foods and Nutrition Services
Updated July 2023

Nutrition Facts			
Serving Size (71g)			
Serving Per Container 1			
Amount Per Serving			
Calories 290	Calories from Fat 80		
% Daily Value*			
Total Fat 9g	14%		
Saturated Fat 2.5g	13%		
Trans Fat 0g			
Cholesterol 25mg	9%		
Sodium 200mg	8%		
Total Carbohydrates 47g	16%		
Dietary Fiber 3g	14%		
Sugars 21g			
Protein 5g			
Vitamin A	0%		
Vitamin C	0%		
Calcium	4%		
Iron	10%		
* Percent Daily Values are based on a 2000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.			
	Calories	2800	2700
Total Fat	Less than	120g	180g
Saturated Fat	Less than	25g	65g
Cholesterol	Less than	50mg	70mg
Sodium	Less than	10mg	15mg
Potassium	Less than	0mg	0mg
Total Carbohydrate		200g	270g
Dietary		33g	76g