

## Nutrition Facts

Serving Size 1 EA/Portion

Breakfast, French Toast Sticks

---

### Amount Per Serving

**Calories** 498.6

Calories from Fat 138.2

**% Daily Value\***

**Total Fat** 15.1g **23%**

Saturated Fat 3.8g **19%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 511.7mg **21%**

**Total Carbohydrates** 76.3g **25%**

Dietary Fiber 2.5g **10%**

Sugars 31g

**Protein** 7.5g

---

Vitamin A **0%**

Vitamin C **0%**

Calcium **0%**

Iron **0%**

Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.