

Nutrition Facts

Serving Size 1 EA/Portion

Side of Toast

Amount Per Serving

Calories 160

Calories from Fat 20

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 280mg **12%**

Total Carbohydrates 30g **10%**

Dietary Fiber 2g **8%**

Sugars 4g

Protein 4g

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.