

Nutritional Report

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Papetti's® Table Ready® Fully-Cooked Whole Grain Plain French Toast Sticks, CN, 100/2.6 Oz

Nutrition Facts	
100 Servings Per Container	
Serving size	3 Sticks (74g)
Amount per serving	
Calories	160
	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 1g	5%
<i>Trans Fat</i> 0g	
Cholesterol 105mg	35%
Sodium 270mg	12%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	7%
Total Sugars 8g	
Includes 7g Added Sugars	14%
Protein 8g	
Vitamin D 1mcg	6%
Calcium 56mg	4%
Iron 1mg	6%
Potassium 115mg	2%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: EGG MIX: WHOLE EGGS, WHEY (MILK), SUGAR, CONTAINS 2% OR LESS OF THE FOLLOWING: SALT, NATURAL VANILLA FLAVOR (PROPYLENE GLYCOL, WATER, ALCOHOL, INVERT SYRUP, NATURAL FLAVORS, VANILLA EXTRACT), XANTHAN GUM, CITRIC ACID. BREAD: WHOLE WHEAT FLOUR, WATER, ENRICHED WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), WHEAT GLUTEN, SUGAR, YEAST, SOYBEAN OIL, SALT, ETHOXYLATED MONO- AND DIGLYCERIDES, CALCIUM PROPIONATE (PRESERVATIVE), CALCIUM SULFATE, MONOCALCIUM PHOSPHATE, SOY LECITHIN, POTASSIUM IODATE.

Nutritional Facts

NUTRIENT	Amount Per 100 Grams>	UoM
Calories	212.351	kCA
Calories from Saturated Fat	13.899	kCA
Total Fat	4.974	GM
Saturated Fat	1.548	GM
Trans Fat	0.043	GM
Polyunsaturated Fat	1.325	GM
Monounsaturated Fat	1.635	GM
Cholesterol	142.673	MG
Sodium	367.467	MG
Total Carbohydrate	31.376	GM
Dietary Fiber	2.161	GM
Total Sugars	10.896	GM
Added Sugars	9.845	GM
Protein	10.334	GM
Vitamin D	0.766	mcg
Calcium	76.56	MG
Iron	1.847	MG
Potassium	155.998	MG
Vitamin A mcg RAE	61.636	mcg
Vitamin C	0	mcg
Water	54.546	GM
Ash	1.826	GM