

Date: 7/6/2012  
Time: 3:23 PM



## French Toast Sticks

Hesston College

Author  
Categories  
Tools  
Locations  
Plate/Store

Yield 1 case Cook  
Portion 4 ea  
Num Portions 55

Nutrition Facts	
Serving Size	4 ea
Servings Per Container	55
Amount Per Serving	
<b>Calories</b> 514	<b>Calories From Fat</b> 108
% Daily Value	
<b>Total Fat</b> 12g	18%
Saturated Fat 3g	14%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 522mg	22%
<b>Total Carbohydrates</b> 96g	32%
Dietary Fiber 0g	0%
<b>Protein</b> 5g	
Vitamin A 0%	Vitamin C 0%
Calcium 6%	Iron 10%
* Percent Daily Values are based on a 2000 calorie diet.	

### Nutrition Descriptors

Cholesterol Free  
High in Carbohydrates  
Good Source of Iron  
Good Source of Protein