

JCC CAMPS AT MEDFORD

NUTRITIONAL INFORMATION –FRENCH TOAST STICKS

Mrs. Butterworth's French Toast Sticks / Original

Nutrition Facts

Serving Size: 4 French Toast Sticks

Calories: 300

Calories from Fat: 110

Total Fat: 12g

Saturated Fat: 3g

Trans fat: 0g

Cholesterol: 25mg

Sodium: 400mg

Total Carbohydrate: 41g

Dietary Fiber: 1g

Sugars: 10g

Protein: 5g

BREAD (ENRICHED BLEACHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, FERROUS SULFATE, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, HIGH FRUCTOSE CORN SYRUP, YEAST, SALT, SOYBEAN OIL, WHEAT GLUTEN, CALCIUM PROPIONATE [PRESERVATIVE], MONO-DIGLYCERIDES, ETHOXYLATED MONO-DIGLYCERIDES, CALCIUM SULFATE, MONOCALCIUM PHOSPHATE, TURMERIC [COLOR], AMMONIUM SULFATE, CALCIUM PEROXIDE, SOY LECITHIN), WATER, BATTER (ENRICHED WHEAT FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], SUGAR, DEXTROSE, MODIFIED CORN STARCH, SALT AND SPICE EXTRACTS), VEGETABLE OIL (COTTONSEED, AND/OR CANOLA, AND/OR SUNFLOWER, AND/OR SOYBEAN) WITH TBHQ AND CITRIC ACID AS PRESERVATIVES, PREDUST (WHEAT FLOUR [ENRICHED WITH NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], SALT, SOYBEAN OIL), BATTER (ENRICHED BLEACHED WHEAT FLOUR [NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], DEXTROSE, GELATINIZED WHEAT STARCH, SALT, WHEY, SUGAR, LEAVENING [SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE, SODIUM ACID PYROPHOSPHATE], SOYBEAN OIL, ARTIFICIAL FLAVOR, OLEORESIN PAPRIKA).

CONTAINS: SOY, WHEAT, MILK