

Mini Cinamon French Toast with a yogurt cup (LR100039)

Allergens: Contains Egg, Milk, Soy, Wheat;
Meal Contribution: 2 WGR, 2 Meat/MA
Number of Servings: 1 **Serving Size:** 1 Serving
Moisture gain/loss%: 0.0000 **Yield:** 6 2/3 Ounce
Waste gain/loss%: 0.0000 **Fat gain/loss% :** 0.0000
Total Recipe Cost: \$0.0000 **Cost Per Serving:** \$0.0000

Stock Item#	Stock Item	Stock Quantity	Cost (\$)	Ingredient Name	Quantity
				French Toast, Pillsbury Mini Cinnamon Rush, General Mills, 18000-37309, WGR SI102446	1 pouch
				Yogurt, Trix Strawberry Banana Bash, 48/4 oz, Yoplait, General Mills Inc, 70470-17726, MMA SI100029	1 Each

Nutritional Information

	Fat	SFat	Carb	Protein	Sugar
% of Calories	21.09	4.22	71.25	7.50	31.250

Nutrients per 100 g

FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
169.851	3.981	0.796	0	5.308	228.238	30.255	1.062	13.27	3.185	0.573	84.926	265.393	0	(M)	(M)

Nutrients per serving (188.4 g)

FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
320	7.5	1.5	0	10	430	57	2	25	6	1.08	160	500	0	(M)	(M)

(M) Indicates missing values.

1 Trans Fat is provided for informational purposes, not for monitoring purposes.