

Mini Tripleberry French Toast with a yogurt cup (LR100087)

Allergens: Contains Egg, Milk, Soy, Wheat;
 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 Triple Berry Blast, General Mills, 18000-37308, WGR SI103046	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	5.63	71.25	8.75	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	1.062	0	5.308	228.238	30.255	1.062	13.27	3.715	0.573	74.31	265.393 (M)	0(M)	(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	2	0	10	430	57	2	25	7	1.08	140	500(M)	0(M)	(M)	(M)

(M) Indicates missing values.
 1 Trans Fat is provided for informational purposes, not for monitoring purposes.