

# French Toast

## Nutrition Facts

Serv. Size 2 slices (113g)

Servings 1

Calories 210

Calories from Fat 80

\* Percent Daily Values are based on a 2,000 calorie diet.

Amount / serving	%Daily Value*	Amount / serving	%Daily Value*
<b>Total Fat</b> 9g	<b>14%</b>	<b>Total Carb</b> 28g	<b>9%</b>
Saturated Fat 4.5g	23%	Dietary Fiber <1g	2%
Trans Fat 0g		Sugars 5g	
<b>Cholesterol</b> 100mg	<b>33%</b>	<b>Protein</b> 5g	
<b>Sodium</b> 280mg	<b>12%</b>		
Vitamin A 8% • Vitamin C 4% • Calcium 15% • Iron 6%			



Made in a GF Facility  
in Ellicott City, MD

Made in the USA  
BPA Free Container

**INGREDIENTS:** WHITE BREAD (WHITE RICE FLOUR, POTATO STARCH FLOUR, TAPIOCA FLOUR), WATER, MALTODEXTRIN [FROM POTATOES], NATURAL FLAVORS [NO MSG], CRYSTALLINE FRUCTOSE, CALCIUM CARBONATE, COLORED WITH TITANIUM DIOXIDE [AN INERT MINERAL], CARRAGEENAN, DICALCIUM PHOSPHATE, SALT, TRICALCIUM PHOSPHATE, POTASSIUM, CITRATE, LACTIC ACID (NON-DAIRY SOURCE), VITAMIN C, VITAMIN E (SYNTHETIC), VITAMIN A, VITAMIN B3, CALCIUM PANTOTHENATE, VITAMIN D3, VITAMIN B6, RIBOFLAVIN [VITAMIN B12], BIOTIN, ORGANIC SUGAR, ORGANIC PALM OIL, LEAVENING [CALCIUM LACTATE (NON DAIRY, CALCIUM CARBONATE)], CELLULOSE GUM, CARBOHYDRATE GUM, YEAST, XANTHAM GUM, DISTILLED VINEGAR, SEA SALT, RICE MILK (FILTERED WATER, ORGANIC BROWN RICE [PARTIALLY MILLED]), EXPELLER PRESSED HIGH OLEIC SAFFLOWER OIL, SEA SALT), BROWN SUGAR, SEA SALT, ORGANIC VANILLA EXTRACT, CINAMMON, NUTMEG.

**Cooking Instructions:** *Keep frozen until ready for use.* Microwave: Place frozen french toast on microwave safe plate or remove packaging and lid and leave in container. Microwave on High for 45 seconds. Flip french toast and continue to cook for an additional 40 seconds. Conventional Oven: Preheat oven to 325°. Remove packaging and lid. Place container of french toast on baking sheet. Bake for 8 minutes.

Distributed by:  
One Dish Cuisine  
8001 Hillsborough Rd  
(Taylor Village Center)  
Ellicott City, MD 21043  
www.onedishcuisine.com

**Keep frozen until ready for use.**

Batch No:  
Use By: