

Nutrition Facts

Serving size

1 toast slice

Amount Per Serving

Calories

290

% Daily Value*

Total Fat 19g **24%**

Saturated Fat 5.6g **28%**

Trans Fat 0g

Polyunsaturated Fat 2g

Monounsaturated Fat 8.6g

Cholesterol 20mg **7%**

Sodium 460mg **20%**

Total Carbohydrate 23g **8%**

Dietary Fiber 7g **25%**

Total Sugars 2g

Includes 2g Added Sugars **4%**

Protein 11g **22%**

Vitamin D 0.1mcg **0%**

Calcium 219mg **15%**

Iron 1.4mg **8%**

Potassium 517mg **10%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.