

# Amtrak's Signature RailRoad French Toast

Thick-cut Texas toast served with whipped cream and seasonal mixed berries



WIMS #: 20156

Allergens: Eggs, milk, soy, wheat

Amtrak's Signature Railroad French Toast	
<b>Nutrition Facts</b>	
Serving size	8.6 oz (244 g)
Amount per serving	
Calories	600
% Daily Value*	
<b>Total Fat</b> 11g	15%
Saturated Fat 6g	29%
Trans Fat 0g	
<b>Cholesterol</b> 130mg	43%
<b>Sodium</b> 960mg	42%
<b>Total Carbohydrate</b> 107g	39%
Dietary Fiber 3g	9%
Total Sugars 54g	
Includes 51g Added Sugars	102%
<b>Protein</b> 13g	
Vitamin D 0mcg	4%
Calcium 82mg	6%
Iron 3mg	20%
Potassium 200mg	4%

\* 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.

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