

Cycle 2

Spiced Pumpkin French Toast

Baked brioche French toast with roasted pumpkin, allspice, brown sugar, cinnamon and pumpkin seeds, served with apple cranberry compote and maple syrup



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Nutrition Facts

1 servings per container	
Serving size	1 meal (271 g)
Amount per serving	
Calories	670
% Daily Value*	
Total Fat 24g	31%
Saturated Fat 15g	75%
<i>Trans</i> Fat 0g	
Cholesterol 105mg	35%
Sodium 540mg	23%
Total Carbohydrate 111g	40%
Dietary Fiber 3g	9%
Total Sugars 70g	
Protein 8g	
Vitamin D 0.01mcg	0%
Calcium 98mg	8%
Iron 3.1mg	19%
Potassium 390mg	9%

* 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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WIMS# 35080

Allergens: Egg, Milk, Soy, Wheat