

Amtrak's Signature Railroad French Toast

Thick-cut Texas toast served with strawberries and whipped cream



WIMS# 29500

Allergens: eggs, milk, soy, wheat

Amtrak's Signature Railroad French Toast	
Nutrition Facts	
1 servings per container	
Serving size	1 meal (244 g)
Amount per serving	
Calories	580
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 130mg	43%
Sodium 960mg	42%
Total Carbohydrate 108g	39%
Dietary Fiber 3g	9%
Total Sugars 55g	
Includes 52g Added Sugars	103%
Protein 13g	
Vitamin D 0.80mcg	5%
Calcium 82mg	7%
Iron 3.7mg	23%
Potassium 200mg	5%
* 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.	
© 2024 MenuTrinfo, LLC	