

Cycle 2

Rum Raisin Breakfast Bake

Chunks of challah bread in a rum-raisin royale batter, baked with raisins and served with fresh strawberries, country pork sausage links, and maple syrup



Allergens: Egg, Milk, Soy, Wheat

Baked Rum Raisin French Toast

Nutrition Facts

1 servings per container
Serving size 1 meal (326 g)

Amount per serving
Calories **730**

% Daily Value*

Total Fat 31g **39%**

Saturated Fat 14g **69%**

Trans Fat 0g

Cholesterol 105mg **35%**

Sodium 680mg **29%**

Total Carbohydrate 104g **38%**

Dietary Fiber 0g **0%**

Total Sugars 71g

Protein 15g

Vitamin D 0.00mcg **0%**

Calcium 135mg **12%**

Iron 1.8mg **10%**

Potassium 280mg **7%**

* 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.