



Apple & Cinnamon French Toast Cups

Nutrition Facts Report
Source: Custom

Yield: 4 (1.000 serving(s))
No. Ingredients: 9

Category: Basic Food
Manufacturer: (None)

Ingredients

- 1.000 T. Butter
- 1.000 item Apple
- 0.500 t. Cinnamon, Ground
- 2.000 item Egg, Raw
- 0.250 c. Milk, Reduced Fat 2%
- 0.500 t. Vanilla Extract
- 0.125 t. Salt, Table
- 0.125 t. Nutmeg, Ground
- 4.000 sl. Nature's Own Honey Wheat Bread

Nutrition Facts

Serving Size 1.00 serving(s) (116g)

Amount Per Serving			
Calories		Calories from Fat	
Calories	165	Calories from Fat	56
		% Daily Value	
Total Fat	6.3g		10 %
Saturated Fat	2.8g		14 %
Trans Fat	0.0g		
Cholesterol	114.6mg		38 %
Sodium	255.8mg		11 %
Total Carbohydrate	21.5g		7 %
Dietary Fiber	2.3g		9 %
Sugars	7.8g		
Protein	5.8g		
Vitamin A	5 %	Calcium	4 %
Vitamin C	4 %	Iron	9 %

Instructions