

Product Name	Original French Toast Mini Bites
Flavor Descriptor	Naturally Flavored
NLI Description	Production
Brand	Eggo



Date Created	01/15/20
NLI #	14644
Kosher Status	OU-D
Product of	U.S.A.

USDA Ounce Equivalents of Grain per Serving	2
USDA Ounce Equivalents of Meat/Meat Alternate	
Whole Grains (g/serving)	32 g

Serving Size	1 Pouch			
Serving Size g	86			
Serving Size oz				
Amount Per Serving				
Calories	200			
			% Daily Value*	% Daily Value*
Total Fat	5 g	6 %		
Saturated Fat	1.5 g	8 %		
Trans Fat	0 g			
Polyunsaturated Fat				
Monounsaturated Fat				
Cholesterol	0 mg	0 %		
Sodium	240 mg	10 %		
Total Carbohydrate	37 g	13 %		
Dietary Fiber	3 g	12 %		
Soluble Fiber				
Insoluble Fiber				
Total Sugars	13 g			
Includes 12g Added Sugars	12 g	24 %		
Sugar Alcohol				
Protein	4 g			
Vitamin D	0 mcg	0 %		
Calcium	260 mg	20 %		
Iron	3.6 mg	20 %		
Potassium	150 mg	2 %		
Vitamin A		20 %		
Vitamin C				
Vitamin E				
Vitamin K				
Thiamin				
Riboflavin				
Niacin		15 %		
Vitamin B6		10 %		
Folate			mcg DFE	
Folic Acid				
Vitamin B12		10 %		
Biotin				
Pantothenic Acid				
Phosphorus		20 %		
Iodine				
Magnesium				
Zinc				
Selenium				
Copper				
Manganese				
Chromium				
Molybdenum				
Chloride				
Choline				
Fluoride				

Ingredients:
Whole wheat flour, water, sugar, vegetable oil (soybean, palm and/or canola), **egg whites, contains 2% or less of** leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), fructose, natural flavors, molasses, soy lecithin, salt, whey.

Vitamins and Minerals: Calcium carbonate, vitamin A palmitate, reduced iron, vitamin B6 (pyridoxine hydrochloride), vitamin B12.

ALLERGEN INFORMATION:
CONTAINS WHEAT, EGG, SOY AND MILK INGREDIENTS.

GTIN/UPC Code	Type of Package	Net Weight	Servings Per Container
00038000806957	Pouch	3.03 oz (86 g)	1
00038000806933	Case	72 - 3.03 oz (86 g)	72

Nutrient Contents Per 100g			
Calories	238	Vitamin E	0 mg
Total Fat	5.7 g	Vitamin K	NA mcg
Saturated Fat	1.7 g	Thiamin	NA mg
Trans Fat	0.1 g	Riboflavin	0.08 mg
Polyunsaturated Fat	1.7 g	Niacin (NE)	3.1 mg
Monounsaturated Fat	1.9 g	Vitamin B6	0.21 mg
Cholesterol	0 mg	Folate (DFE)	16 mcg
Sodium	276 mg	Folic Acid	0 mcg
Total Carbohydrate	42.8 g	Vitamin B12	0.3 mcg
Dietary Fiber	4.0 g	Biotin	NA mcg
Soluble Fiber	0.6 g	Pantothenic Acid	NA mg
Insoluble Fiber	0.6 g	Phosphorus	333 mg
Total Sugars	14.7 g	Iodine	NA mcg
Added Sugars	14.5 g	Magnesium	49 mg
Sugar Alcohols	NA g	Zinc	1.2 mg
Protein	4.7 g	Selenium	NA mcg
Vitamin D	0 mcg	Copper	NA mg
Calcium	305.8 mg	Manganese	NA mg
Iron	4.2 mg	Chromium	NA mcg
Potassium	175 mg	Molybdenum	NA mcg
Vitamin A (RAE)	224 mcg	Chloride	NA mg
Vitamin C	0 mg	Choline	NA mg
NA = Database values for the nutrient do not exist or are incomplete.		Fluoride	NA mg
		Moisture	44 %
		Ash	2.8 %
		Whole Grain	37.56 %

Product information can change at any time. Always refer to product package for current nutrition and ingredient information.

Bonnie Farmer

Bonnie Farmer, MS, RD
 Nutrition Labeling & Regulatory Compliance
 Kellogg Company

