

# Power Toast

## Nutrition Facts

Serving Size: 1 (0.0g)

Servings Per Container: 1

### Amount Per Serving

**Calories** 450      Calories from Fat 180

**% Daily Value\***

**Total Fat** 20g      **31%**

Saturated Fat 4.5g      **23%**

*Trans* Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 300mg      **13%**

**Total Carbohydrate** 56g      **19%**

Dietary Fiber 9g      **36%**

Sugars 17g

**Protein** 16g

Vitamin A 0%      •      Vitamin C 6%

Calcium 10%      •      Iron 15%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: BANANAS, PEANUT BUTTER (PEANUTS, CORN SYRUP SOLIDS, SUGAR, PEA PROTEIN, CONTAINS 2% OR LESS OF: SALT, FULLY HYDROGENATED VEGETABLE OILS (RAPESEED AND SOYBEAN), MONO AND DIGLYCERIDES, MOLASSES, MAGNESIUM OXIDE, NIACINAMIDE, FERRIC ORTHOPHOSPHATE, ZINC OXIDE, COPPER SULFATE, FOLIC ACID, PYRIDOXINE HYDROCHLORIDE), CEREALS READY-TO-EAT, QUAKER, 100% NATURAL GRANOLA OATS AND HONEY, WHOLE WHEAT BREAD (WHOLE WHEAT FLOUR, WATER, SUGAR, WHEAT GLUTEN, RAISIN JUICE CONCENTRATE, WHEAT BRAN, YEAST, MOLASSES, SOYBEAN OIL, SALT, PRESERVATIVES (CALCIUM PROPIONATE, SORBIC ACID), MONOGLYCERIDES, DATEM, CALCIUM SULFATE, GRAIN VINEGAR, SOY LECITHIN, SOY, WHEY (MILK)), FLAXSEED