

Whole Grain Toast

NO IMAGE

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-3737

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN WHT 16-22Z GCHC	1 Each		266547

Preparation Instructions

Preheat oven to 350F

Butter one side of each pc of bread

Line a sheet tray with a piece of parchment. Fill the tray with slices of bread, single layer.

Bake for 5-6 minutes, until toast is golden brown.

Serve immediately

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	1.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Slice

Amount Per Serving	
Calories	2.42
Fat	0.03g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	4.09mg
Carbohydrates	0.48g
Fiber	0.06g
Total Sugar	0.06g
Added Sugar	0.06g
Protein	0.09g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.91mg	Iron 0.03mg

Nutrition - Per 100g

No 100g Conversion Available