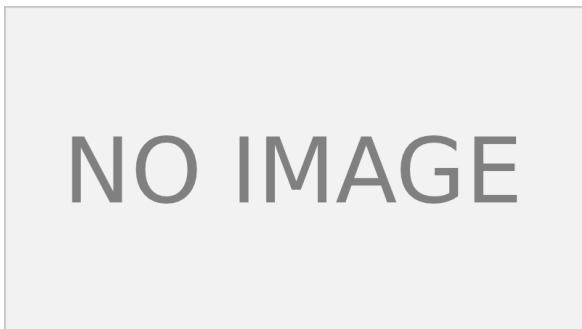


# Whole Grain Toast



<b>Servings:</b>	1.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	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

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Slice

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

## Nutrition - Per 100g

No 100g Conversion Available