

# Almond Butter and Jam Toast

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving size</b>	<b>1 toast (141g)</b>
<b>Amount Per Serving</b>	<b>510</b>
<b>Calories</b>	
% Daily Value*	
<b>Total Fat</b> 26g	<b>33%</b>
Saturated Fat 3g	<b>15%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 400mg	<b>17%</b>
<b>Total Carbohydrate</b> 59g	<b>21%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 17g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 11g	<b>22%</b>
Not a significant source of vitamin D, calcium, iron, and potassium	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition	

## Ingredients:

Sourdough bread (unbleached flour, water, whole wheat flour, salt, barley malt, yeast), almond butter, jam, strawberries, sugar, cane sugar, concentrated lemon juice, fruit pectin