

Evanston Township High School

Recipe No. 000130 E, POTATOES, AUGRATIN: ETHS 202
 Number of Portions: 1
 Size of Portion: EACH

*Nutrients are based upon 1 Portion Size (EACH)

Calories	110	kcal	Cholesterol	*N/A*	mg	Protein	2.00	g	Calcium	39.00	mg	24.55%	Calories from Total Fat
Total Fat	3.00	g	Sodium	490.00	mg	Vitamin A	16.80	RE	Iron	0.40	mg	8.18%	Calories from Sat Fat
Saturated Fat	1.00	g	Carbohydrate	18.00	g	Vitamin A	84.00	IU	Water ¹	*N/A*	g	8.18%	Calories from Trans Fat
Trans Fat ¹	1.00	g	Dietary Fiber	2.00	g	Vitamin C	6.00	mg	Ash ¹	*N/A*	g	65.45%	Calories from Carbohydrates
												7.27%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.