

Evanston Township High School

Recipe No. 000082 E, BROCCOLI with Cheese Sauce : ETHS 202

Number of Portions: 1

Size of Portion: SERVING

*Nutrients are based upon 1 Portion Size (SERVING)

Calories	117	kcal	Cholesterol	15.00	mg	Protein	7.83	g	Calcium	220.83	mg	40.50%	Calories from Total Fat
Total Fat	5.25	g	Sodium	460.83	mg	Vitamin A	211.67	RE	Iron	0.97	mg	26.04%	Calories from Sat Fat
Saturated Fat	3.38	g	Carbohydrate	8.92	g	Vitamin A	1058.33	IU	Water ¹	*0.00*	g	0.00%	Calories from Trans Fat
Trans Fat ¹	0.00	g	Dietary Fiber	3.33	g	Vitamin C	60.00	mg	Ash ¹	*0.00*	g	30.57%	Calories from Carbohydrates
												26.86%	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.