

Evanston Township High School

Recipe No. 000180 E, Brown Rice : ETHS 202

Number of Portions: 1

Size of Portion: ea

*Nutrients are based upon 1 Portion Size (ea)

Calories	126	kcal	Cholesterol	0.00	mg	Protein	2.93	g	Calcium	11.34	mg	7.30%	Calories from Total Fat
Total Fat	1.02	g	Sodium	5.67	mg	Vitamin A	0.00	RE	Iron	0.48	mg	1.46%	Calories from Sat Fat
Saturated Fat	0.20	g	Carbohydrate	26.04	g	Vitamin A	0.00	IU	Water ¹	82.88	g	*N/A*%	Calories from Trans Fat
Trans Fat ¹	*N/A*	g	Dietary Fiber	2.04	g	Vitamin C	0.00	mg	Ash ¹	0.52	g	82.74%	Calories from Carbohydrates
												9.30%	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.