

Evanston Township High School

Recipe No. 000146 E, CHEESEBURGER: ETHS 202

Number of Portions: 1

Size of Portion: EACH

*Nutrients are based upon 1 Portion Size (EACH)

Calories	324	kcal	Cholesterol	52.00	mg	Protein	17.85	g	Calcium	88.38	mg	42.21%	Calories from Total Fat
Total Fat	15.21	g	Sodium	671.29	mg	Vitamin A	*0.00*	RE	Iron	3.69	mg	15.70%	Calories from Sat Fat
Saturated Fat	5.66	g	Carbohydrate	27.22	g	Vitamin A	*0.00*	IU	Water ¹	*17.70*	g	*2.22%*	Calories from Trans Fat
Trans Fat ¹	*0.80*	g	Dietary Fiber	*1.07*	g	Vitamin C	*0.00*	mg	Ash ¹	*1.03*	g	33.57%	Calories from Carbohydrates
												22.01%	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.