

# Evanston Township High School

Recipe No. 000132 E, CHICKEN PATTY, REG: ETHS 202

Number of Portions: 1

Size of Portion: EACH

\*Nutrients are based upon 1 Portion Size (EACH)

Calories	412	kcal	Cholesterol	50.00	mg	Protein	19.84	g	Calcium	90.38	mg	41.93%	Calories from Total Fat
Total Fat	19.21	g	Sodium	794.29	mg	Vitamin A	20.00	RE	Iron	2.77	mg	9.95%	Calories from Sat Fat
Saturated Fat	4.56	g	Carbohydrate	38.22	g	Vitamin A	100.00	IU	Water <sup>1</sup>	*17.70*	g	*N/A*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*N/A*	g	Dietary Fiber	2.07	g	Vitamin C	*0.00*	mg	Ash <sup>1</sup>	*1.03*	g	37.08%	Calories from Carbohydrates
												19.25%	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

<sup>1</sup> - 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.