

Evanston Township High School

Recipe No. 000076 E, CORN MUFFIN W/JALEPENOS: ETHS 202

Number of Portions: 1

Size of Portion: EACH

*Nutrients are based upon 1 Portion Size (EACH)

Calories	191	kcal	Cholesterol	*30.00*	mg	Protein	*3.00*	g	Calcium	104.00	mg	32.98%	Calories from Total Fat
Total Fat	7.00	g	Sodium	500.80	mg	Vitamin A	32.00	RE	Iron	1.24	mg	7.07%	Calories from Sat Fat
Saturated Fat	1.50	g	Carbohydrate	31.20	g	Vitamin A	160.00	IU	Water ¹	*N/A*	g	*9.42%*	Calories from Trans Fat
Trans Fat ¹	*2.00*	g	Dietary Fiber	*N/A*	g	Vitamin C	*0.48*	mg	Ash ¹	*N/A*	g	65.34%	Calories from Carbohydrates
												6.28%	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.