

Evanston Township High School

Recipe No. 000129 E, CORN: ETHS 202
 Number of Portions: 1
 Size of Portion: EACH

*Nutrients are based upon 1 Portion Size (EACH)

Calories	64	kcal	Cholesterol	0.00	mg	Protein	1.60	g	Calcium	*N/A*	mg	11.25%	Calories from Total Fat
Total Fat	0.80	g	Sodium	288.00	mg	Vitamin A	*N/A*	RE	Iron	*N/A*	mg	0.00%	Calories from Sat Fat
Saturated Fat	0.00	g	Carbohydrate	12.80	g	Vitamin A	*N/A*	IU	Water ¹	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat ¹	0.00	g	Dietary Fiber	1.60	g	Vitamin C	2.88	mg	Ash ¹	*N/A*	g	80.00%	Calories from Carbohydrates
												10.00%	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.