

Evanston Township High School

Recipe No. 000175 E, Meatball Sandwich:
 Number of Portions: 1
 Size of Portion: 1 ea

*Nutrients are based upon 1 Portion Size (1 ea)

Calories	346	kcal	Cholesterol	*30.64*	mg	Protein	22.29	g	Calcium	*244.59*	mg	33.67%	Calories from Total Fat
Total Fat	12.93	g	Sodium	1017.55	mg	Vitamin A	*62.38*	RE	Iron	*1.65*	mg	13.60%	Calories from Sat Fat
Saturated Fat	5.22	g	Carbohydrate	35.73	g	Vitamin A	*399.09*	IU	Water ¹	*15.56*	g	*1.09%*	Calories from Trans Fat
Trans Fat ¹	*0.42*	g	Dietary Fiber	2.30	g	Vitamin C	*27.59*	mg	Ash ¹	*1.05*	g	41.34%	Calories from Carbohydrates
												25.78%	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.