

# Evanston Township High School

Recipe No. 900005 E, NACHOS GRANDE: ETHS 202  
 Number of Portions: 1  
 Size of Portion: SERVING

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

Calories	389	kcal	Cholesterol	*38.60*	mg	Protein	*22.40*	g	Calcium	*1960.00*	mg	45.61%	Calories from Total Fat
Total Fat	19.70	g	Sodium	3181.10	mg	Vitamin A	*420.00*	RE	Iron	*5.26*	mg	17.83%	Calories from Sat Fat
Saturated Fat	7.70	g	Carbohydrate	30.00	g	Vitamin A	*2100.00*	IU	Water <sup>1</sup>	*0.00*	g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00*	g	Dietary Fiber	*2.90*	g	Vitamin C	*14.40*	mg	Ash <sup>1</sup>	*0.00*	g	30.87%	Calories from Carbohydrates
												*23.05%*	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.**