

# Evanston Township High School

Recipe No. 900013 E, CHICKEN, OVEN-FRIED 8PC CUT: ETHS 202  
 Number of Portions: 1  
 Size of Portion: SERVINGE

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

Calories	220	kcal	Cholesterol	70.00	mg	Protein	14.00	g	Calcium	20.00	mg	53.18%	Calories from Total Fat
Total Fat	13.00	g	Sodium	380.00	mg	Vitamin A	*N/A*	RE	Iron	1.40	mg	14.32%	Calories from Sat Fat
Saturated Fat	3.50	g	Carbohydrate	12.00	g	Vitamin A	*N/A*	IU	Water <sup>1</sup>	0.00	g	*N/A*%	Calories from Trans Fat
Trans Fat <sup>1</sup>	*N/A*	g	Dietary Fiber	1.00	g	Vitamin C	*N/A*	mg	Ash <sup>1</sup>	0.00	g	21.82%	Calories from Carbohydrates
												25.45%	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.