

Evanston Township High School

Recipe No. 000171 E, Meatballs, Pasta w/Sauce :
 Number of Portions: 1
 Size of Portion: 1 ea

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

Calories	450	kcal	Cholesterol	*21.00*	mg	Protein	22.79	g	Calcium	83.17	mg	27.73%	Calories from Total Fat
Total Fat	13.86	g	Sodium	782.80	mg	Vitamin A	*79.46*	RE	Iron	4.70	mg	6.06%	Calories from Sat Fat
Saturated Fat	3.03	g	Carbohydrate	62.19	g	Vitamin A	*583.34*	IU	Water ¹	*N/A*	g	*0.84%*	Calories from Trans Fat
Trans Fat ¹	*0.42*	g	Dietary Fiber	8.09	g	Vitamin C	*32.33*	mg	Ash ¹	*N/A*	g	55.29%	Calories from Carbohydrates
												20.26%	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.