

# Evanston Township High School

Recipe No. 000128 E, POTATO WITH GRAVY: ETHS 202

Number of Portions: 1

Size of Portion: EACH

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

Calories	108	kcal	Cholesterol	*N/A*	mg	Protein	2.75	g	Calcium	*7.64*	mg	14.69%	Calories from Total Fat
Total Fat	1.76	g	Sodium	1043.48	mg	Vitamin A	*N/A*	RE	Iron	*0.14*	mg	*0.63%*	Calories from Sat Fat
Saturated Fat	*0.08*	g	Carbohydrate	19.46	g	Vitamin A	*N/A*	IU	Water <sup>1</sup>	*N/A*	g	*1.91%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.23*	g	Dietary Fiber	*0.99*	g	Vitamin C	*2.75*	mg	Ash <sup>1</sup>	*N/A*	g	72.03%	Calories from Carbohydrates
												10.17%	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.