

Evanston Township High School

Recipe No. 000023 E, RIB-BQ: ETHS 202

Number of Portions: 1

Size of Portion: EACH

*Nutrients are based upon 1 Portion Size (EACH)

Calories	281	kcal	Cholesterol	32.20	mg	Protein	16.14	g	Calcium	99.38	mg	35.86%	Calories from Total Fat
Total Fat	11.21	g	Sodium	634.39	mg	Vitamin A	20.66	RE	Iron	2.99	mg	11.70%	Calories from Sat Fat
Saturated Fat	3.66	g	Carbohydrate	28.52	g	Vitamin A	103.30	IU	Water ¹	*17.70*	g	*N/A*	Calories from Trans Fat
Trans Fat ¹	*N/A*	g	Dietary Fiber	2.17	g	Vitamin C	*0.00*	mg	Ash ¹	*1.03*	g	40.56%	Calories from Carbohydrates
												22.96%	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.