

Evanston Township High School

Recipe No. 000179 E, Refried Beans : ETHS 202
 Number of Portions: 1
 Size of Portion: ea

*Nutrients are based upon 1 Portion Size (ea)

Calories	158	kcal	Cholesterol	3.40	mg	Protein	7.50	g	Calcium	40.00	mg	20.51%	Calories from Total Fat
Total Fat	3.60	g	Sodium	505.00	mg	Vitamin A	*N/A*	RE	Iron	2.00	mg	8.55%	Calories from Sat Fat
Saturated Fat	1.50	g	Carbohydrate	24.00	g	Vitamin A	*N/A*	IU	Water ¹	*N/A*	g	*N/A*	Calories from Trans Fat
Trans Fat ¹	*N/A*	g	Dietary Fiber	5.50	g	Vitamin C	2.40	mg	Ash ¹	*N/A*	g	60.76%	Calories from Carbohydrates
												18.99%	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.