

# Evanston Township High School

Recipe No. 000174 E, Reuben Wrap: ETHS 202  
 Number of Portions: 1  
 Size of Portion: 1 ea

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

|                        |        |      |               |         |    |           |         |    |                    |         |    |          |                             |
|------------------------|--------|------|---------------|---------|----|-----------|---------|----|--------------------|---------|----|----------|-----------------------------|
| Calories               | 371    | kcal | Cholesterol   | *60.67* | mg | Protein   | 31.60   | g  | Calcium            | 118.34  | mg | 18.91%   | Calories from Total Fat     |
| Total Fat              | 7.80   | g    | Sodium        | 1921.11 | mg | Vitamin A | *6.93*  | RE | Iron               | 4.00    | mg | 5.37%    | Calories from Sat Fat       |
| Saturated Fat          | 2.22   | g    | Carbohydrate  | *46.77* | g  | Vitamin A | *39.21* | IU | Water <sup>1</sup> | *52.46* | g  | *0.48%*  | Calories from Trans Fat     |
| Trans Fat <sup>1</sup> | *0.20* | g    | Dietary Fiber | *5.74*  | g  | Vitamin C | *8.73*  | mg | Ash <sup>1</sup>   | *1.22*  | g  | *50.41%* | Calories from Carbohydrates |
|                        |        |      |               |         |    |           |         |    |                    |         |    | 34.06%   | 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.**