

# Evanston Township High School

Recipe No. 000177 E, Roasted Potatoes : ETHS 202  
 Number of Portions: 1  
 Size of Portion: 4 oz

\*Nutrients are based upon 1 Portion Size (4 oz)

Calories	150 kcal	Cholesterol	0.00 mg	Protein	2.99 g	Calcium	39.39 mg	28.84%	Calories from Total Fat
Total Fat	4.79 g	Sodium	11.64 mg	Vitamin A	9.78 RE	Iron	1.87 mg	4.24%	Calories from Sat Fat
Saturated Fat	0.70 g	Carbohydrate	24.90 g	Vitamin A	109.19 IU	Water <sup>1</sup>	85.03 g	*N/A*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*N/A* g	Dietary Fiber	3.10 g	Vitamin C	11.59 mg	Ash <sup>1</sup>	1.61 g	66.58%	Calories from Carbohydrates
								8.00%	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.**