

Evanston Township High School

Recipe No. 000173 E, Shrimp Poppers : ETHS 202
 Number of Portions: 1
 Size of Portion: ea

*Nutrients are based upon 1 Portion Size (ea)

Calories	400	kcal	Cholesterol	170.00	mg	Protein	18.00	g	Calcium	116.00	mg	45.00%	Calories from Total Fat
Total Fat	20.00	g	Sodium	1520.00	mg	Vitamin A	1.40	RE	Iron	3.60	mg	6.75%	Calories from Sat Fat
Saturated Fat	3.00	g	Carbohydrate	38.00	g	Vitamin A	7.00	IU	Water ¹	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat ¹	0.00	g	Dietary Fiber	4.00	g	Vitamin C	1.60	mg	Ash ¹	*N/A*	g	38.00%	Calories from Carbohydrates
												18.00%	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

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.