

Lasagna with Meat



QUICK REFERENCE GUIDE

- Cook and Serve.
- Cook from frozen or thawed state.
- Thawing product will reduce cooking time.
- To thaw, place tray in refrigerator for a minimum of 24 hours.
- Do not refreeze.
- See reverse side for cooking instructions.

Nutrition Facts

Serving Size 1 Cup (211g)
Servings Per Container About 13

Amount Per Serving

Calories 250 **Calories from Fat** 80

% Daily Value*

Total Fat 8g **12%**

 Saturated Fat 4g **20%**

 Trans Fat 0.5g

Cholesterol 30mg **10%**

Sodium 1050mg **44%**

Total Carbohydrate 28g **9%**

 Dietary Fiber 2g **8%**

 Sugars 6g

Protein 17g

Vitamin A 10% • Vitamin C 8%

Calcium 30% • Iron 15%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: COOKED ENRICHED LASAGNA NOODLES (WATER, SEMOLINA [MILLED WHEAT FLOUR, ENRICHED WITH NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID]), TOMATOES (TOMATOES, TOMATO JUICE, CITRIC ACID, CALCIUM CHLORIDE), COOKED BEEF, COTTAGE CHEESE (FAT FREE MILK, MILK, CREAM, NONFAT DRY MILK, WHEY, SALT, GUAR GUM, MONO- & DIGLYCERIDES, CARRAGEENAN, LOCUST BEAN GUM, POLYSORBATE 80, POTASSIUM SORBATE [TO PROTECT FLAVOR], MICROBIAL ENZYMES), MOZZARELLA CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES), WATER, TOMATO PASTE, SALT, ONIONS, PARMESAN CHEESE (CULTURED PART-SKIM MILK, SALT, ENZYMES), ROMANO CHEESE (SHEEP'S MILK, CHEESE CULTURE, SALT, RENNET), SUGAR, MODIFIED CORN STARCH, SOYBEAN OIL, SPICES, XANTHAN GUM, GARLIC POWDER, PARSLEY, MONO- & DIGLYCERIDES, CANTHAXANTHIN (COLOR).

CONTAINS: WHEAT, MILK, SOY.

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