

Vegetarian Lasagna



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 (189g)
Servings Per Container 12

Amount Per Serving

Calories 220 **Calories from Fat** 60

% Daily Value*

Total Fat 7g **10%**

Saturated Fat 3g **14%**

Trans Fat 1g

Cholesterol 20mg **6%**

Sodium 670mg **28%**

Total Carbohydrate 28g **9%**

Dietary Fiber 2g **8%**

Sugars 7g

Protein 10g

Vitamin A 20% • Vitamin C 4%

Calcium 20% • Iron 6%

* 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: RECONSTITUTED SKIM MILK, COOKED ENRICHED MACARONI PRODUCT (WATER, SEMOLINA [MILLED WHEAT, ENRICHED WITH NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID]), RICOTTA CHEESE (WHEY, WHOLE MILK, CREAM, VINEGAR, XANTHAN GUM, LOCUST BEAN GUM, GUAR GUM [STABILIZERS]), LOW MOISTURE, PART SKIM MOZZARELLA CHEESE (PASTEURIZED MILK, NONFAT DRY MILK, CULTURES, SALT, ENZYMES), CARROTS, SPINACH, ONIONS, ZUCCHINI, BROCCOLI, MARGARINE (LIQUID SOYBEAN OIL, PARTIALLY HYDROGENATED SOYBEAN OIL, WATER, SALT, WHEY, SOY LECITHIN, SODIUM BENZOATE AND CITRIC ACID AS PRESERVATIVES, VEGETABLE MONO-AND DIGLYCERIDES, ARTIFICIAL FLAVOR, COLORED WITH BETA CAROTENE, VITAMIN A PALMITATE ADDED), BREAD CRUMBS (WHEAT FLOUR, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SUGAR, PARTIALLY HYDROGENATED SOYBEAN OIL, SALT, YEAST, AND CALCIUM PROPIONATE), MUSHROOM BASE (SAUTÉED MUSHROOMS, SALT, BUTTER, FLAVORINGS, SUGAR), MODIFIED CORN STARCH, RICE FLOUR, SUGAR, PARMESAN CHEESE (CULTURED PART-SKIM MILK, SALT, ENZYMES), SALT, DEXTROSE, SPICE, GARLIC POWDER, OLEORESIN OF CELERY.

CONTAINS: WHEAT, SOY, MILK.

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