

# NUTRITIONAL FACTS

## Meat Lasagna

### Nutrition Facts

Serving size 5.3 oz, 150g

Servings Per Container 6

#### Amount Per Serving

**Calories 263**      **Calories from Fat 77**

**% Daily Value\***

**Total Fat 8g**      12%

**Saturated Fat 4g**      20%

**Trans Fat 0g**

**Cholesterol 29mg**      10%

**Sodium 705mg**      29%

**Total Carbohydrate 29g**      10%

**Dietary Fiber 3g**      12%

**Sugars 5g**

**Protein 18g**

**Vitamin A 15%**      •      **Vitamin C 25%**

**Calcium 15%**      •      **Iron 15%**

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

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

Calories per gram:

Fat 9      •      Carbohydrate 4      •      Protein 4

**INGREDIENTS:** (Pasta) enriched semolina flour, water. (Meat) Beef, Pork, Water, Bread Crumbs [Enriched bread (enriched flour [with malted barley, niacin, ferrous sulfate, thiamin mononitrate, riboflavin], water, corn syrup, vegetable shortening [soybean and/or cottonseed oil], salt yeast, whey, soy flour, dough conditioner [sodium and/or calcium stearoyl lactylate, potassium bromate], yeast, nutrients [ammonium sulfate, calcium sulfate], mono and diglycerides, calcium propionate, salt, romano and/or parmesan cheese, dehydrated parsley, garlic and spices.], Whole Eggs, Grated Romano Cheese, Parsley, Garlic, Pepper. (Sauce) Tomatoes, salt, basil, citric acid], Spices. Provolone Cheese, Mozzarella Cheese, Garlic, Parsley, Grated Romano Cheese. **Contains:** Wheat, Milk, Eggs, Soy.

## Four Cheese Lasagna

### Nutrition Facts

Serving size 5.3 oz, 150g

Servings Per Container 6

#### Amount Per Serving

**Calories 330**      **Calories from Fat 108**

**% Daily Value\***

**Total Fat 12g**      18%

**Saturated Fat 5g**      25%

**Trans Fat 0g**

**Cholesterol 60mg**      20%

**Sodium 930mg**      39%

**Total Carbohydrate 38g**      13%

**Dietary Fiber 2g**      8%

**Sugars 9g**

**Protein 18g**

**Vitamin A 20%**      •      **Vitamin C 30%**

**Calcium 20%**      •      **Iron 20%**

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

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

Calories per gram:

Fat 9      •      Carbohydrate 4      •      Protein 4

**INGREDIENTS:** (Pasta) enriched semolina flour, water. Ricotta Cheese, (Sauce) Tomatoes, salt, basil, citric acid, Spices. Provolone Cheese, Mozzarella Cheese, Grated Romano Cheese, Garlic, Parsley, **Contains:** Wheat, Milk, Eggs, Soy.