



so smart. so satisfying.

Nutritional
Information

Nutrition Facts

Serving Size 1 Cup (191g)
Servings Per Container 4

Amount Per Serving

Calories 220 **Calories from Fat** 80

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 4g **20%**

Trans Fat 0.5g

Cholesterol 15mg **5%**

Sodium 800mg **33%**

Total Carbohydrate 26g **9%**

Dietary Fiber 1g **4%**

Sugars 6g

Protein 9g

Vitamin A 8% • Vitamin C 2%

Calcium 8% • Iron 8%

* 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

Lasagna with Meat Sauce

INGREDIENTS: TOMATO PUREE, COOKED LASAGNA PASTA (WATER, SEMOLINA ENRICHED FLOUR [NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID]), GROUND BEEF, WATER, COTTAGE CHEESE (GRADE A SKIM MILK, CREAM, LESS THAN 2% OF THE FOLLOWING: SALT, GUAR GUM, CALCIUM SULFATE, LOCUST BEAN GUM, CARRAGEENAN, MONO AND DIGLYCERIDES, SODIUM AND MONOPOTASSIUM PHOSPHATE, DEXTROSE, WATER, CITRIC ACID, LACTIC ACID, PHOSPHORIC ACID, NATURAL FLAVORING, POTASSIUM SORBATE, CALCIUM CHLORIDE, CULTURES, ENZYMES), LOW MOISTURE PART SKIM MILK MOZZARELLA CHEESE (PASTEURIZED PART SKIM MILK, CHEESE CULTURES, SALT, ENZYMES, POWDERED CELLULOSE ADDED TO PREVENT CAKING), MODIFIED CORN STARCH, SALT, SUGAR, TEXTURED VEGETABLE PROTEIN CONCENTRATE (SOY PROTEIN CONCENTRATE, CARMEL COLOR), ONION POWDER, SPICE, GARLIC POWDER.

CONTAINS: WHEAT, MILK, SOY.

Net Wt. 28 oz. (1 LB. 12 oz.)