

Cycle 1

Lasagna

Ricotta, mozzarella and parmesan cheeses, layered with pear tomato sauce



WIMS# 30298

Allergens: egg, milk, wheat

Lasagna	
Nutrition Facts	
1 servings per container	
Serving size	1 meal (283 g)
Amount per serving	
Calories	
	470
% Daily Value*	
Total Fat 31g	40%
Saturated Fat 17g	86%
Trans Fat 0g	
Cholesterol 145mg	48%
Sodium 970mg	42%
Total Carbohydrate 23g	8%
Dietary Fiber 1g	5%
Total Sugars 2g	
Protein 28g	
Vitamin D 0mcg	0%
Calcium 535mg	40%
Iron 2.3mg	15%
Potassium 100mg	2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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