

Nutrition Facts

Serving Size 1 serving (273.81g)
 Servings Per Container 12

Amount Per Serving

Calories 300 **Calories from Fat** 90

% Daily Value*

Total Fat 10g **16%**

Saturated Fat 6g **29%**

Trans Fat 0g

Cholesterol 30mg **11%**

Sodium 960mg **40%**

Total Carbohydrate 35g **12%**

 Dietary Fiber 4g **16%**

 Sugars 9g

Protein 18g

Vitamin A 90% • Vitamin C 25%

Calcium 30% • Iron 20%

* 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
Saturated 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

Ingredients: Marinara Sauce, Low Fat Cottage Cheese, 1% Fat, Enriched Dry Lasagna, Mozzarella Cheese, Whole Milk/Low Moisture, Spinach, Onions, Carrots, Parmesan Cheese, Grated, Dry Oregano