

Three Cheese Lasagna

Directions:

- 1. Open pouch and remove oxygen absorber.
- 2. Prepare in pouch or other suitable container.
- 3. Add 2 cups (16 oz) Boiling water to ingredients or you may crease / fold pouch at water line 8 then fill to water line 8.
- 4. Stir completely and cover. Let stand 12-15 minutes.



**0g TRANS FAT
PER SERVING**

INGREDIENTS: Instant Pasta [Durum Semolina (enriched with Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, and Folic Acid)], Potato Starch, Freeze-Dried Shredded Monterey Jack Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Tomato Powder (Tomato), Uncolored Textured Vegetable Protein (Soy Flour), Tomato Flakes, Diced Carrots, Whey Powder, Fructose, Parmesan Cheese Powder (Partially Skim Milk, Cheese Cultures, Salt, Enzymes, Disodium Phosphate), Chopped Onion, Low Sodium Salt (Sodium, Chloride, Potassium), Romano Cheese Powder (Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Disodium Phosphate), Onion Granules, Freeze-Dried Shredded Mozzarella Cheese [Partially Skim Milk, Cheese Cultures, Salt, Enzymes (Microcrystalline Cellulose added to prevent caking)], Brewers Yeast (Dried Yeast, Niacin, Pyridoxine Hydrochloride, Thiamine Hydrochloride, Riboflavin), Garlic Granules, Paprika, Basil, Beet Juice Powder, Bay Leaf, Oregano, Rosemary, Thyme.

Contains Milk, Soy, Wheat.

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Nutrition Facts

Serving Size 2.5 oz (73g)
Servings Per Container 2

Amount Per Serving

Calories 250 **Calories from Fat 50**

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 420mg **18%**

Total Carbohydrate 44g **15%**

Dietary Fiber 3g **12%**

Sugars 8g

Protein 13g

Vitamin A 80% • **Vitamin C 45%**

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 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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



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