

# Rustic Three Cheese Sausage Lasagna

## Directions:

1. Open pouch and remove oxygen absorber.
2. Prepare in pouch or other suitable container.
3. Add 1 1/2 cups (12 oz) boiling water to ingredients or fold / crease & fill pouch to "E-Z Fill Line" 7.
4. Stir thoroughly then seal pouch or cover.
5. Let stand 10 - 12 minutes; stir again & serve.

**Ingredients:** Pasta Spiral (Ground durum wheat semolina, water, salt.), Monterey Jack Cheese [(Pasteurized Milk, Cheese Cultures, Salt, and Enzymes), may contain cellulose to prevent caking], Pork Sausage Crumbles (Pork, less than 2% Salt, Spices, Sugar, Sodium Phosphate), Tomato Powder, Romano Cheese (Pasteurized Cow's Milk, Cheese Cultures, Salt, and Enzymes) and Disodium Phosphate, Parmesan Cheese (Partially Skim Milk, Culture, Salt, Enzymes) and Disodium Phosphate, Potato Starch, Tomato Flakes, Sugar, White Onion, Garlic Granulated, Sweet Cream Powder, Sea Salt, Seasoning [Contains Baker's Yeast Extract, Salt, Canola Oil (anti-dusting)], Red Pepper Crushed, Oregano, Basil, Thyme.

**Contains:** Milk, Wheat.

# Nutrition Facts

2 servings per container

Serving size

1/2 package (67.5g)

Calories	Per Serving		Per Container	
		<b>310</b>		<b>630</b>
	% Daily Value*		% Daily Value*	
<b>Total Fat</b>	15g	19%	31g	40%
Saturated Fat	6g	30%	13g	65%
Trans Fat	0g		0g	
<b>Cholesterol</b>	45mg	15%	95mg	32%
<b>Sodium</b>	730mg	32%	1460mg	63%
<b>Total Carbohydrate</b>	27g	10%	54g	20%
Dietary Fiber	1g	4%	3g	11%
Total Sugars	7g		14g	
Includes Added Sugars	2g	4%	5g	10%
<b>Protein</b>	17g		35g	
<b>Vitamin D</b>	0mcg	0%	0mcg	0%
<b>Calcium</b>	256mg	20%	513mg	40%
<b>Iron</b>	1mg	6%	2mg	10%
<b>Potassium</b>	791mg	15%	1583mg	35%

\*The % Daily Value 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.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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