

# CHEESY LASAGNA

## COOKING DIRECTIONS

1. Open package at tear notch and remove oxygen absorber from the pouch.
2. Add 2 cups (16 oz.) of boiling water to pouch and place on a flat surface.
3. Stir thoroughly with a long spoon and close zipper.
4. Let stand for 12 to 15 minutes. Hot steam inside: use caution when opening pouch.
5. Open pouch—stir and eat.

## NUTRITION INFORMATION

Servings per package: 2.00

Serving size: 69.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	1100 kJ	1590 kJ
Protein	11.8 g	17.1 g
Fat, total	5.0 g	7.3 g
- saturated	1.6 g	2.3 g
Carbohydrate	38.6 g	56.0 g
- sugars	6.8 g	9.8 g
Sodium	1180 mg	1700 mg



For higher elevations, simmer in pot 15 to 20 minutes on heat source before serving.

**INGREDIENTS:** Pasta (Durum Semolina Flour (wheat), Niacin, Ferrous Sulfate (iron), Thiamine Mononitrate, Riboflavin, Folic Acid), Textured Vegetable Protein ([Soy Flour, Caramel Color], Soybean Oil, Salt, Natural Flavouring [Yeast Extract, Maltodextrin, Natural Smoke Flavouring], Dextrose, Spices, Garlic Powder), Whey Powder, Parmesan & Romano Cheese (Pasteurized Part-Skim Milk, Salt, Cheese Culture, Enzymes), Food Starch-Modified, Tomatoes, Potato Flour, Salt, Tomato Powder, Non Dairy Creamer (Partially Hydrogenated Soybean Oil, Corn Syrup Solids, Sodium Caseinate (a milk derivative), Mono and Diglycerides, Sodium Citrate, Salt, Dipotassium Phosphate, Carrageenan, Natural Flavour), Natural Romano and Parmesan Flavours (Salt, Yeast Extract), Sugar, Paprika, Dried Onion Powder, Garlic Powder, Guar Gum, Hydrolyzed Soy Protein, Soybean Oil, Spices, Extractives of Paprika and Turmeric, Citric Acid, Caramel Color.

CONTAINS: MILK, SOY, WHEAT.

**PRODUCED ON EQUIPMENT THAT ALSO PROCESSES MILK, SOY, WHEAT, EGG, SHELLFISH, FISH, TREE NUTS AND PEANUTS.**

100% VEGETARIAN



**WARNING:** Hot steam inside. Use caution when opening pouch.

