



Veggie Lasagna

Nutrition Facts Report

Yield: 8 (1.000 serving(s))

Category: Basic Food

Source: Custom

No. Ingredients: 13

Manufacturer: (None)

Ingredients

- 2.000 lb. Cheese, Ricotta, Whole Milk
- 8.000 oz. Cheese, Mozzarella, Whole Milk
- 8.000 oz. Mushrooms, White, Raw
- 2.000 item Squash, Summer, Zucchini
- 2.000 item Squash, Summer, All Varieties
- 1.000 item Eggplant
- 1.000 item Pepper, Bell or Sweet, Red
- 0.500 item Onions, Chopped
- 1.000 T. Olive Oil, Extra Virgin
- 1.000 t. TONE'S Sea Salt
- 16.000 oz. Simple Truth Organic, No Salt Added Marinara Sauce
- 1.000 t. TONE'S Sea Salt
- 1.250 lb. Bionaturae Organic Whole Wheat Lasagna Pasta

Nutrition Facts

Serving Size 1.00 serving(s) (468g)

Amount Per Serving

Calories	557	Calories from Fat	228
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% Daily Value

Total Fat	25.3g		39 %
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Saturated Fat	13.5g		68 %
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Trans Fat	0.0g		
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Cholesterol	80.2mg		27 %
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Sodium	461.1mg		19 %
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Total Carbohydrate	13.9g		5 %
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Dietary Fiber	11.2g		45 %
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Sugars	8.1g		
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Protein	30.7g		
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Vitamin A	27 %	Calcium	40 %
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Vitamin C	59 %	Iron	20 %
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Instructions

Monday, September 12, 2016