

Nutrition Facts	
4 servings per container	
Serving size	1/2 Cup (69g) Dry (about 1 Cup prepared)
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 580mg	25%
Total Carbohydrate 50g	18%
Dietary Fiber 5g	18%
Total Sugars 12g	
Includes 1g Added Sugars	2%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 66mg	6%
Iron 3mg	15%
Potassium 518mg	10%
<small>*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.</small>	

DIRECTIONS:

1. Open pouch and remove oxygen absorber.
2. Whisk contents of pouch into 4 1/2 Cups boiling water.
3. Reduce heat to medium and continue cooking 20 minutes, stirring frequently.
4. Remove from heat and let stand 2-3 minutes before serving.

SERVING SIZE: (about 1 Cup prepared)

NET WT. 9.72 oz (276g)
4-26134PT

INGREDIENTS: lasagna noodles (semolina [wheat], niacin, iron [ferrous sulfate], thiamin mononitrate, riboflavin, folic acid), tomato powder (tomato, less than 2% silicon dioxide), onions, modified food starch, white cheddar cheese (cheddar cheese [pasteurized milk, salt, cheese culture, enzymes], salt, lactic acid, natural flavors), sea salt, sugar, garlic powder, tomatoes, red wine flavor (red wine, maltodextrin), cheddar cheese powder (dextrose, maltodextrin, whey solids, natural and artificial flavor, corn starch, salt, silicon dioxide, guar gum, annatto, turmeric), olive oil flavor (modified corn starch, maltodextrin, medium chain triglycerides, natural flavor, tricalcium phosphate), parsley, Italian style seasoning (garlic, onion, spices), basil, citric acid, yeast extract, natural orange color (annatto, beet juice), caramel color, ground fennel.

Contains: Milk, Wheat.

Contain a bioengineered food ingredient:
Starch