

Date: 8/5/2011
Time: 11:46 AM



Lasagna, Chicken

Hesston College

Author

Categories Entree, Poultry

Tools Pan ST 4", Spoon solid

Locations

Plate/Store

Yield 1 pan **Cook** 1 hour
Portion 5 oz
Num Portions 32

Nutrition Facts	
Serving Size 5 oz (142g)	
Servings Per Container 32	
Amount Per Serving	
Calories 308 Calories From Fat 125	
% Daily Value	
Total Fat 14g	21%
Saturated Fat 7g	34%
Trans Fat 0g	
Cholesterol 81mg	27%
Sodium 668mg	28%
Total Carbohydrates 25g	8%
Dietary Fiber 2g	10%
Protein 22g	
Vitamin A 30%	Vitamin C 39%
Calcium 28%	Iron 13%
* Percent Daily Values are based on a 2000 calorie diet.	

Nutrition Descriptors

- High in Vitamin A
- High in Vitamin C
- High in Calcium
- High in Protein
- Good Source of Potassium
- Good Source of Iron
- Good Source of Fiber