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# Lasagna, Vegetarian

Hesston College

**Author**

**Categories** Casserole, Entree

**Tools** Pan ST 4", Spoon solid

**Locations**

**Plate/Store**

**Yield** 1 pan                      **Cook** 45 minutes  
**Portion** 5 oz  
**Num Portions** 32

<b>Nutrition Facts</b>	
Serving Size 5 oz (142g)	
Servings Per Container 32	
Amount Per Serving	
<b>Calories 298</b> <b>Calories From Fat 120</b>	
% Daily Value	
<b>Total Fat</b> 13g	20%
Saturated Fat 7g	32%
Trans Fat 0g	
<b>Cholesterol</b> 61mg	20%
<b>Sodium</b> 751mg	31%
<b>Total Carbohydrates</b> 25g	8%
Dietary Fiber 4g	17%
<b>Protein</b> 18g	
Vitamin A 65%	Vitamin C 54%
Calcium 30%	Iron 16%
* 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