



“FROM PACKAGE TO PALATE IN MINUTES”

March 1, 2010
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**GLUTEN FREE CHEESE LASAGNA
WITH MARINARA SAUCE ENTRÉE 11.5 OZ.
SPECIFICATIONS**

Product Code: 71016

Pack Size: 6 Trays – Net Wt. 4.32 lbs.

Ingredients: Water, Concentrated Crushed Tomatoes, Onions, Flour (Rice Flour, Corn Starch, Tapioca Flour, and Xanthan Gum), Whole Milk Ricotta Cheese (Pasteurized Cheese Whey, Whole Milk, Distilled Vinegar, and Salt), Canola Oil, Organic Evaporated Cane Juice, Garlic, Part Skim Mozzarella Cheese (Pasteurized Milk, Cheese Cultures, Salt, and Enzymes), Pasteurized Egg Whites, Salt, Basil, Red Pepper, Black Pepper, Oregano, and Parsley.

ALLERGEN INFORMATION: CONTAINS MILK, EGGS.

THIS FACILITY IS FREE FROM PEANUTS AND TREE NUTS. Good manufacturing practices are used to segregate ingredients in a facility that also processes foods containing wheat, shellfish, and fish ingredients.

Physical Dimensions: 7 11/16" x 5 7/8" x 1 1/2"

Cooking Instructions - *Due to differences in oven & microwave design cooking time may vary.

Keep Frozen Until Ready to Heat. Do Not Use in Toaster Oven.

Microwave Oven:

1. Cooking time based on 800 watt oven
2. Remove tray from box
3. Cut a one inch slit in the plastic wrap
4. Place completely frozen product in microwave oven
5. Cook on High for 7 minutes
6. Let stand 2 minutes
7. Carefully remove wrap and serve

Conventional Oven:

1. Preheat oven to 375° F.
2. Remove tray from box
3. Remove the plastic wrap and cover with foil
4. Place tray on cookie sheet in center of oven
5. Bake for 40-45 minutes or until 160° F.
6. Let stand for 2-3 minutes

ALWAYS HEAT PRODUCT TO INTERNAL TEMPERATURE OF 160° F.

Nutritional:

Serving Size: 1 Container (326g)			
Servings Per Container: 1			
Amount Per Serving			
Calories: 520		Calories from Fat: 130	
% Daily Value*			
Total Fat 14g			22%
Saturated Fat 7g			37%
Trans Fat 0g			
Cholesterol 50mg			17%
Sodium 570mg			24%
Total Carbohydrate 84g			28%
Dietary Fiber 4g			17%
Sugars 8g			
Protein 14g			
Vitamin A	20%	•	Vitamin C
Calcium	30%	•	Iron
			8%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
Nutrients:	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g