

# Little Italy Lasagna

*Lasagnetti noodles, beef, and cheese, seasoned with traditional herbs and spices. LunchWell products meet all Wellness Guidelines - each serving has less than 30% fat, less than 10% saturated fat, 0 grams of trans fat, low sodium, and 5 grams of fiber!*



## Basic Recipe:

- 1 #10 can Little Italy Lasagna Dinner Mix
- 1 1/2 lbs Cooked and Drained Ground Beef
- 3 1/2 qts Boiling Water
- 24 oz Tomato Paste
- 3/4 lbs Reduced Fat Mozzarella Cheese

## OVEN METHOD:

1. In a full size, 4 inch deep steam table pan, combine beef, tomato paste, contents of can, and boiling water.
2. Cover pan with foil and bake in a preheated 400°F oven for 35 minutes (check noodles for doneness).
3. Sprinkle cheese evenly over the top; recover and allow the cheese to melt.
4. Let stand 30 minutes before serving.

Yield: 23~1 cup (9.5 oz) servings

Note: 138 servings per case

## Meal Components Met Per Serving:

2 oz Meat, 1 Bread, 1/4 cup Vegetable

## Nutrition Facts

|  | Little Italy Lasagna, As Packaged |            | As Prepared with Ground Beef |            |
|--|-----------------------------------|------------|------------------------------|------------|
| Serving Size   | (42g)                             |            | 1 cup (261g)                 |            |
| Servings Per Container   | 23                                |            | 23                           |            |
| <b>Amount Per Serving</b>  |                                   |            |                              |            |
| <b>Calories</b>  | 100                               |            | 240                          |            |
| Calories from Fat  | 0                                 |            | 70                           |            |
|  | <b>% Daily Value*</b>             |            | <b>% Daily Value*</b>        |            |
| <b>Total Fat</b>   | 0g                                | <b>0%</b>  | 8g                           | <b>12%</b> |
| Saturated Fat  | 0g                                | <b>0%</b>  | 3.5g                         | <b>18%</b> |
| Trans Fat  | --g                               |            | 0g                           |            |
| <b>Cholesterol</b>   | 0mg                               | <b>0%</b>  | 35mg                         | <b>12%</b> |
| <b>Sodium</b>  | 270mg                             | <b>11%</b> | 650mg                        | <b>27%</b> |
| <b>Total Carbohydrate</b>  | 20g                               | <b>7%</b>  | 26g                          | <b>9%</b>  |
| Dietary Fiber  | 3g                                | <b>12%</b> | 4g                           | <b>16%</b> |
| Sugars   | 4g                                |            | 8g                           |            |
| <b>Protein</b>   | 6g                                |            | 19g                          |            |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: |                                   |            |                              |            |
|  | Calories:                         | 2,000      | 2,500                        |            |
| Total Fat  | Less than                         | 65g        | 80g                          |            |
| Saturated Fat  | Less than                         | 20g        | 25g                          |            |
| Cholesterol  | Less than                         | 300mg      | 300 mg                       |            |
| Sodium   | Less than                         | 2,400mg    | 2,400mg                      |            |
| Total Carbohydrate   |                                   | 300g       | 375g                         |            |
| Dietary Fiber  |                                   | 25g        | 30g                          |            |
| Calories per gram:   |                                   |            |                              |            |
|  | Fat                               | 9          | Carbohydrate                 | 4          |
|  |                                   |            | Protein                      | 4          |
| Vitamin A  | 15%                               |            | 25%                          |            |
| Vitamin C  | 6%                                |            | 15%                          |            |
| Calcium  | 4%                                |            | 15%                          |            |
| Iron   | 20%                               |            | 30%                          |            |



## Ordering Information:

Item Code: LW2005

Pack Size: 6 / #10 cans

Servings per Case: 138

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