



Seasonal Veggie Lasagna

Nutrition Facts

Serving Size 1 entree (442 grams)

Amount Per Serving

Calories 414

Calories from Fat 89

% Daily Values*

Total Fat 10g **15%**

Saturated Fat 4g **20%**

Trans Fat 0g

Cholesterol 75mg **25%**

Sodium 490mg **20%**

Total Carbohydrate 56g **19%**

Dietary Fiber 8g **32%**

Sugars 15g

Protein 24g **48%**

* Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Lasagna noodles, no salt added marinara sauce, low-fat cottage cheese, basil, eggs, parmesan cheese, spinach, onions, zucchini, yellow summer squash, garlic, mozzarella cheese, sea salt, pepper