



12
SERVINGS



SHELF LIFE
UP TO 25 YEARS

Product good for up to 25 years when unopened. Best when stored in a cool, dry and dark place at temperatures between 55°F and 70°F. Actual shelf life may vary based on individual storage conditions.

FOOD STORAGE
EMERGENCY
EVERYDAY FOOD

Lasagna

Nutrition Facts	
Serving Size: 1/2 Cup (70g) Dry	
Servings Per Container: 12	
Amount Per Serving	
Calories 240	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1120mg	47%
Total Carbohydrate 46g	15%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 9g	
Vitamin A 6%	Vitamin C 60%
Calcium 6%	Iron 10%
*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
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
Calories per gram: Fat 9 • Carbs 4 • Protein 4	

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Contains oxygen absorber.
Discard immediately upon opening.

DIRECTIONS:

1. Remove oxygen absorber and discard.
2. Whisk entire contents of pouch into 4 1/2 Cups boiling water.
3. Simmer on low heat for 20 minutes, stirring frequently.

INGREDIENTS: Lasagna noodles (semolina [wheat], niacin, iron [ferrous sulfate], thiamin mononitrate, riboflavin, folic acid), tomato powder, sea salt, onions, modified food starch, white cheddar cheese (cheddar cheese [pasteurized milk, salt, cheese culture, enzymes], salt, lactic acid, natural flavors [contains less than 2% silicon dioxide]), sugar, garlic powder, tomato flakes, burgundy wine flavor (maltodextrin, modified corn starch, wine solids, corn syrup solids, malic acid, natural flavor, sorbic acid, sulfites, potassium sorbate), cheddar cheese powder (dextrose, maltodextrin, whey solids, natural and artificial flavor, corn starch, salt, silicon dioxide, guar gum, annatto, turmeric), olive oil flavor (modified corn starch, maltodextrin, medium chain triglycerides, natural flavor, tricalcium phosphate), parsley flakes, Italian spice (garlic, onion, spices), basil, citric acid, natural flavoring, natural orange color (annatto, beet juice), caramel color, ground fennel.

CONTAINS ALLERGEN: Milk and wheat.