

Vegetable Lasagna

Servings:	25.00	Category:	Entree
Serving Size:	0.05	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-52984
School:	Lake Williamson Christian Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE RICOTTA WHP PART SKM	4 Cup		512265
CHEESE PARM GRTD	1 Teaspoon		445401
CHEESE MOZZ 2 SHRD FTHR	1 Cup		421812
SPICE CHIVES FREEZE DRIED	1 Tablespoon		149659
SPICE PARSLEY FLAKES	1 Teaspoon		513989
SALT IODIZED	1 Teaspoon	READY_TO_EAT used to salt food	350732
SAUCE ALFREDO	1 Ounce		283580
CARROT SLCD C/C	1 Cup		175706
MUSHROOM SLCD 1/8IN	1 Cup		285196
ONION DCD 1/4IN	1 Ounce		198307
MARGARINE LIQUID	1 Tablespoon	READY_TO_EAT This ready-to-use liquid margarine simplifies back-of-house prep and goes best with cooking, grilling, baking and topping popcorn.	266965
PEPPERS COLORED MIXED ASST	1 Cup		491012
ZUCCHINI SLCD IQF	1 Cup		533734
BROCCOLI CUTS	1 Ounce		610871

Preparation Instructions

Mix together all ingredients on the left side.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 0.05

Amount Per Serving	
Calories	77.61
Fat	4.94g
Saturated Fat	2.70g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	183.92mg
Carbohydrates	4.03g
Fiber	0.34g
Total Sugar	2.57g
Added Sugar	0.00g
Protein	3.28g
Vitamin A 209.62mcg	Vitamin C 10.18mg
Calcium 91.82mg	Iron 0.11mg

Nutrition - Per 100g

No 100g Conversion Available