

Basic Report 32019, Lasagna, cheese, frozen, unprepared

Report Date: March 04, 2015 23:07 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 1 serving 237g
Proximates			
Water	g	67.60	160.21
Energy	kcal	145	344
Protein	g	5.06	11.99
Total lipid (fat)	g	4.22	10.00
Carbohydrate, by difference	g	21.61	51.22
Fiber, total dietary	g	1.7	4.0
Sugars, total	g	3.80	9.01
Minerals			
Calcium, Ca	mg	84	199
Iron, Fe	mg	0.76	1.80
Magnesium, Mg	mg	19	45
Phosphorus, P	mg	90	213
Potassium, K	mg	159	377
Sodium, Na	mg	312	739
Zinc, Zn	mg	0.63	1.49
Vitamins			
Vitamin C, total ascorbic acid	mg	1.5	3.6
Thiamin	mg	0.172	0.408
Riboflavin	mg	0.127	0.301
Niacin	mg	1.354	3.209
Vitamin B-6	mg	0.078	0.185
Folate, DFE	µg	69	164
Vitamin B-12	µg	0.10	0.24
Vitamin A, RAE	µg	23	55
Vitamin A, IU	IU	199	472
Vitamin E (alpha-tocopherol)	mg	0.66	1.56

Nutrient	Unit	1 Value Per100 g	1 cup 1 serving 237g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	1	2
Vitamin K (phylloquinone)	µg	3.1	7.3
Lipids			
Fatty acids, total saturated	g	2.110	5.001
Fatty acids, total monounsaturated	g	1.077	2.552
Fatty acids, total polyunsaturated	g	0.618	1.465
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	11	26
Other			
Caffeine	mg	0	0