

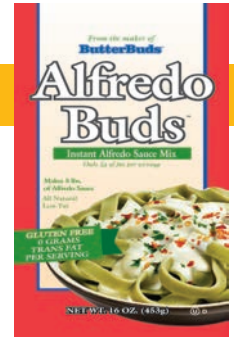
Veggie Alfredo Lasagna

with **Alfredo Buds**[®]

Group: Entree

Number of Portions: 32

Size of Portions: 5 oz.



INGREDIENTS

MEASURE

Normandy Vegetable Blend [®] , Norpac [®]	4 lb.
Italian Seasoning Mix	2 Tbsp.
Garlic Powder	2 tsp.
Salt	1 tsp.
Alfredo Buds , Dry	1 lb. Bag
Hot Tap Water	2 qt.
Mozzarella Cheese, Part Skim Milk Ricotta	1 lb.
Cheese, Part Skim Milk Feta Cheese	1 lb.
Enriched Lasagna Noodles, Dry	1/2 lb.
Buttermist [®] Food & Pan Spray	21 oz.

PREPARATIONS

Slightly thaw vegetables and toss with garlic powder, Italian seasoning and salt in a mixing bowl. Set aside.

Mix hot tap water with Alfredo Buds. Whisk to reconstitute. Set aside.

Spray full hotel pan with Buttermist. Ladle a thin layer of Alfredo Buds sauce on the bottom of pan. Place 1 layer (8) lasagna noodles over sauce.

Spread 1/2 vegetables over lasagna noodles; then 6oz. Mozzarella, 6oz. Ricotta and 3oz. Feta cheese. Add 1/3 remaining Alfredo Buds sauce.

Add another layer of lasagna noodles (8), remaining vegetables, half the remaining cheese and 1/2 remaining Alfredo Buds sauce.

Add last layer of lasagna noodles followed by remaining Alfredo Buds sauce and cheese. Bake at 375°F for 1 hour to 1 hour + 15 minutes until top is slightly browned and bubbling around edges and lasagna noodles are fork tender. Allow to stand for 30-45 minutes before serving.

Nutritional Information

Nutrients are based upon 1 Portion Size: 5oz.

Calories	213 kcal	Cholesterol	26.22 mg	Protein	9.11 g	Calcium	193.29 mg	27.31% Calories from Total Fat
Total Fat	6.47 g	Sodium	690.52 mg	Vitamin A	57.34 RE	Iron	0 .86 mg	13.70% Calories from Saturated Fat
Saturated Fat	3.25 g	Carbohydrate	28.75 g	Vitamin A	188.30 IU	Water ¹	*83.14* g	0.00%* Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	1.81 g	Vitamin C	0.56 mg	Ash ¹	*1.41* g	53.93% Calories from Carbohydrates
								17.10% Calories from Protein

Allergens

Contains milk

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

