



KOWALSKI'S HOLIDAY

# LASAGNA

Serves 8-10

REHEATING INSTRUCTIONS/INGREDIENTS



## KOWALSKI'S LASAGNA

Keep refrigerated until ready to prepare. Remove film; cover with foil. Place container on a baking sheet in a preheated 350° oven; bake for **45 min.** Remove foil; bake until cheese is golden and bubbling (**20-25 min.**). Let rest for 10 min. before slicing.

**IMPORTANT:** *Lasagna comes in an oven-safe plastic container. To avoid melting, do not place pan directly near your oven's heating element or up against the oven walls.*

*You may need to increase cooking time for a full oven (if you are heating several items at the same time) or to account for differences in your kitchen equipment.*

### KOWALSKI'S MEAT LASAGNA

Ricotta (Pasteurized Milk, Pasteurized Whey, Pasteurized Cream, Vinegar, Salt, Stabilizer [Modified Food Starch, Guar Gum, Carrageenan], Potassium Sorbate [to protect flavor]), Italian Sausage (Pork, Water, Spices, Salt, Corn Syrup Solids, Garlic, Sugar, Paprika, Lemon Juice Powder [Corn Syrup Solids, Lemon Juice Solids, Lemon Oil]), BHA, BHT, Citric Acid), Ground Beef, Lasagna Sheets (Semolina [Durum Flour], Eggs, Water), Mozzarella Blend Cheese (Whole-Milk Mozzarella Cheese [Pasteurized Milk, Cheese Cultures, Salt, Enzymes], Part-Skim Mozzarella Cheese [Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes], Unsmoked Provolone Cheese [Pasteurized Milk, Cheese Cultures, Salt, Enzymes], Parmesan Cheese (Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes), Romano Cheese [Pasteurized Part-Skim Cow's Milk, Cheese Cultures, Salt, Enzymes], Powdered Cellulose [to prevent caking], Natamycin [to protect flavor]), Shredded Parmesan Cheese (Cultured Pasteurized Part-Skim Milk, Salt, Enzymes), Pasteurized Eggs (Whole Eggs, Citric Acid, 0.15% Water [added as a carrier for citric acid]), Citric Acid (added to preserve color), White Onion, Garlic, Salt, Pepper, Sugar, Dried Parsley, Dried Basil, Fennel Seed, Italian Seasoning (Whole Oregano, Dried Parsley, Whole Thyme, Whole Marjoram, Rosemary, Sage, Basil, Savory, Black Pepper, Ground Nutmeg).

**Contains: Wheat, Milk, Egg.**

### KOWALSKI'S ROASTED VEGETABLE LASAGNA

Roasted Vegetables (Zucchini, Carrots, Mushrooms, Spinach, Parsley), Lasagna Sheets (Semolina [Durum Flour], Eggs, Water), Pomodoro Sauce (Diced Tomatoes in Juice [Vine-Ripened Fresh Tomatoes, Tomato Juice, Salt, Naturally Derived Citric Acid], Valoroso Tomatoes [Vine-Ripened Fresh Pear Tomatoes, Heavy Tomato Juice, Salt, Fresh Basil Leaf, Calcium Chloride, Naturally Derived Citric Acid], Onions, Tomato Paste [Vine-Ripened Fresh Tomatoes, Naturally Derived Citric Acid], Canola Oil, Sugar, Salt, Garlic, Spices), Alfredo Sauce (Half-and-Half [Milk, Cream], Heavy Whipping Cream [Cream, Carrageenan], Parmesan Cheese [Cow's Milk, Cheese Culture, Salt, Enzymes], Modified Food Starch, Salt, Alfredo Cheese Blend [Parmesan Cheese {Pasteurized Part-Skim Milk, Cultures, Salt, Enzymes}, Water, Cheddar Cheese {Pasteurized Milk, Cultures, Salt, Enzymes}, Nonfat Dry Milk, Salt, Romano Cheese {Pasteurized Part-Skim Milk, Cultures, Salt, Enzymes}, Disodium Phosphate, Sodium Citrate], Spices), Ricotta Cheese (Pasteurized Milk, Pasteurized Whey, Pasteurized Cream, Vinegar, Salt, Stabilizer [Modified Food Starch, Guar Gum, Carrageenan, Potassium Sorbate]), Five-Cheese Blend (Italian Cheese Blend [Powdered Cellulose], Parmesan Cheese [Pasteurized Part-Skim Milk, Cheese Cultures, Enzymes]), Pasteurized Egg, Kosher Salt, Black Pepper, Corto Olive Oil (25% Canola Oil, 25% Extra Virgin Olive Oil, 25% Rice Bran Oil, 25% Grapeseed Oil).

**Contains: Wheat, Milk, Egg.**

## Nutrition Facts

about 10 servings per container

**Serving size** 9 oz. (255g)

**Amount per serving**

**Calories** 550

% Daily Value\*

**Total Fat** 27g 34%

Saturated Fat 14g 70%

Trans Fat 0g

**Cholesterol** 90mg 31%

**Sodium** 1400mg 56%

**Total Carbohydrate** 46g 15%

Dietary Fiber 4g 15%

Total Sugars 4g

Includes 2g Added Sugars 5%

**Protein** 26g

Vitamin D 0.2mcg 0%

Calcium 500mg 40%

Iron 3.7mg 20%

Potassium 580mg 15%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Nutrition Facts

about 10 servings per container

**Serving size** 9 oz. (264g)

**Amount per serving**

**Calories** 460

% Daily Value\*

**Total Fat** 16g 20%

Saturated Fat 9g 44%

Trans Fat 0g

**Cholesterol** 45mg 14%

**Sodium** 1360mg 54%

**Total Carbohydrate** 58g 19%

Dietary Fiber 5g 20%

Total Sugars 4g

Includes 0g Added Sugars 0%

**Protein** 14g

Vitamin D 0.2mcg 0%

Calcium 320mg 25%

Iron 3.5mg 20%

Potassium 680mg 15%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.