

Everett School District #2

Page 1

Recipe Sizing Report

Jun 8, 2010

000747 - Lasagna, One Layer, Homesize :

HACCP Process: No HACCP Process

Number of Portions: 12

Size of Portions: each

Alternate Recipe Name:

Luscious Lasagna

| | |
|---|-------------------|
| 000125 SAUCE, SPAGHETTI, Angela Mia..... | 1 qt + 2 cups |
| 000008 Water..... | 1 cup |
| 900044 SPICE, GARLIC POWDER..... | 2 tsp |
| 011284 ONIONS,DEHYDRATED FLAKES..... | 1/4 cup |
| 011856 SPINACH,FRZ,CHOPD OR LEAF,CKD,BLD,DRND,W.. | 10 ozs |
| 000712 BEEF GROUND..... | 1 LB (raw weight) |
| 001028 CHEESE,MOZZA, SHRED, PART SKIM MILK..... | 1 lb |
| 000715 PASTA, LASAGNA,DRY..... | 12 ozs |

1. Grease 9x13" baking pan.
2. Cook the ground beef and break into crumbles.
3. Drain the spinach in a collander.
4. In another large mixing bowl combine the pasta sauce, beef crumbles, onions, garlic, water, half of the cheese and drained spinach.
5. Add the uncooked broken lasagna noodles to the sauce mixture and gently combine.
6. Turn the mixture into the greased baking pan.
7. Cover with foil or a lid and bake for one one hour until noodles are cooked and tender.
8. Remove the cooked lasagna from the oven and top with the remaining cheese.
9. Return pan to oven and bake for 15 more minutes, until the cheese is golden brown.
10. Cut into squares. This recipe can be served immediately from the oven with the portions retaining its square shape.

Yield: This recipe serves between 10 and 16 people.

| | | | | | | | |
|---------------|--------|-------------|-----------|---------------|---------|----------------|--------|
| Calories..... | 328 | Iron..... | 3.34 mg | Protein..... | 21.73 g | Protein..... | 26.46% |
| Cholesterol.. | 46 mg | Calcium.... | 344.04 mg | Carbohydrates | 35.08 g | Carbohydrates. | 42.73% |
| Sodium..... | 852 mg | Vitamin A.. | 3331.5 IU | Total Fat.... | 10.80 g | Total Fat..... | 29.60% |
| Dietary Fiber | 3.75 g | Vitamin A.. | 310.7 RE | Saturated Fat | 5.53 g | Saturated Fat. | 15.15% |
| | | Vitamin C.. | 7.9 mg | Trans Fat.... | 0.00* g | Trans Fat..... | 0.00% |

* - Denotes Missing Nutrient Values

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.