

Caesar's Classic Lasagna

FOOD SUMMARY

Nutrition Facts

Serving Size 100 grams

Amount Per Serving

Calories 132 Calories from Fat 26

% Daily Value*

Total Fat 3g 5%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 34mg 11%

Sodium 80mg 3%

Total Carbohydrate 17g 6%

Dietary Fiber 0g 1%

Sugars 0g

Protein 9g

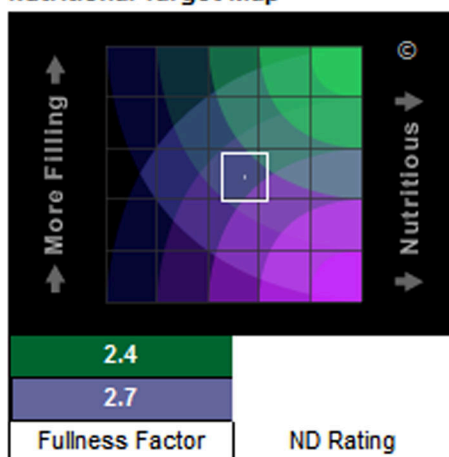
Vitamin A 3% • Vitamin C 2%

Calcium 7% • Iron 7%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

Nutritional Target Map



Caloric Ratio Pyramid



Estimated Glycemic Load

9

0 250

Typical target total is 100/day or less

Inflammation Factor

-60

mildly inflammatory

Typical target net is 50/day or higher

NutritionData's Opinion

Weight loss: ★★☆☆

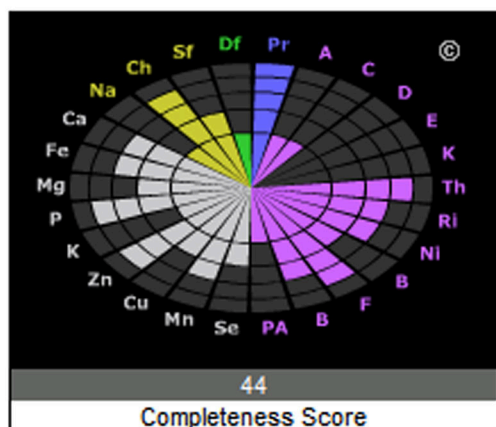
Optimum health: ★★☆☆

Weight gain: ★★☆☆

The good: This food is a good source of Protein.

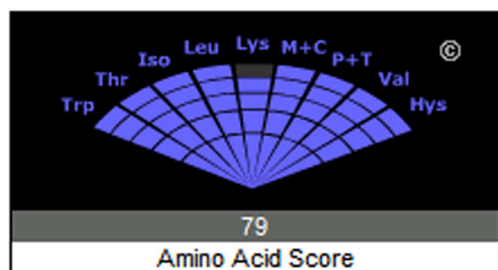
The bad: This food contains Trans Fat.

NUTRIENT BALANCE



A Completeness Score between 0 and 100 is a relative indication of how complete the food is with respect to essential nutrients.

PROTEIN QUALITY



An Amino Acid Score of 100 or higher indicates a complete or high-quality protein.

Adding other foods with complementary amino acid profiles to this food may yield a more complete protein source and improve the quality of some types of restrictive diets.