



Dessert Ingredient List

Although Lite n' Easy has done all the hard work for you in developing and analysing your meals, you may care to know more about the individual products in your meal plan.

The information in this document is set out in the format outlined by the Food Standards Code.

Every reasonable effort has been made to ensure the accuracy of all information at time of publication. However, information contained within is subject to change without prior notice.

If you have a food allergy or intolerance:

Before consuming any Lite n' Easy products, please consider that they are produced in facilities which handle the following ingredients:

Milk, Egg, Soya, Seafood (Including Crustaceans), Peanuts, Sesame Seed, Tree Nuts, Gluten (from Wheat, Rye, Barley, Oats & Spelt) and Celery

It is not possible to guarantee the total absence of these ingredients in any Lite n' Easy products.

For more information about food labelling requirements visit the web site:
www.foodstandards.gov.au

If you would like additional information about nutrition or dietary guidelines visit:
www.NutritionAustralia.org or
www.health.gov.au

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653 Apricot Pudding

Ingredients: Apricot (45%), Water, Golden Syrup, Sugar, Egg, Flour (Contains Raising Agents (339, 341, 450, 500)), Apricot (3.5%), Milk Powder, Bran, Margarine, Modified Starch (1442), Colour (Carotene), Raising Agent (500), Vanilla, Salt

Serving Size: 165g

	per serving	per 100g
Energy	747kJ (178Cal)	453kJ (108Cal)
Protein	4.2g	2.5g
Fat, Total	2.2g	1.3g
- Saturated	0.8g	0.5g
Carbohydrate	35.2g	21.3g
- Sugars	26.0g	15.7g
Dietary Fibre	3.8g	2.3g
Sodium	203mg	123mg
Iron	1.2mg (10%RDI)	0.7mg

CONTAINS: Wheat, Egg, Milk

Made in Australia

655 Rice Pudding

Ingredients: Water, Rice (29%), Sugar, Cream, Milk Powder, Modified Starch (1442), Vanilla, Spices, Salt

Serving Size: 176g

	per serving	per 100g
Energy	838kJ (200Cal)	476kJ (114Cal)
Protein	4.7g	2.7g
Fat, Total	3.5g	2.0g
- Saturated	2.2g	1.3g
Carbohydrate	35.4g	20.1g
- Sugars	17.2g	9.8g
Dietary Fibre	0.7g	0.4g
Sodium	110mg	63mg

CONTAINS: Milk

Made in Australia

694 Apple Crumble 4 pack

Ingredients: Apple (48%), Water, Sugar, Sultanas, Flour (Contains Raising Agents (339, 341, 450, 500)), Milk Powder, Oats, Margarine, Modified Starch (1442), Colour (Carotene), Coconut (Contains Preservative (223)), Vanilla, Spices, Salt

Serving Size: 165g

	per serving	per 100g
Energy	812kJ (194Cal)	492kJ (118Cal)
Protein	3.5g	2.1g
Fat, Total	2.4g	1.5g
- Saturated	1.0g	0.6g
Carbohydrate	37.8g	22.9g
- Sugars	27.4g	16.6g
Dietary Fibre	2.2g	1.3g
Sodium	108mg	65mg
Iron	0.6mg (5%RDI)	0.4mg

CONTAINS: Wheat, Oats, Milk

Made in Australia

695 Raspberry Crumble 4 pack

Ingredients: Water, Apple (26%), Raspberries (12%), Sugar, Milk Powder, Flour (Contains Raising Agents (339, 341, 450, 500)), Oats, Modified Starch (1442), Margarine, Sultanas, Colour (Carotene), Corn Starch, Coconut (Contains Preservative (223)), Vanilla, Spices, Salt

Serving Size: 165g

	per serving	per 100g
Energy	828kJ (198Cal)	502kJ (120Cal)
Protein	4.0g	2.4g
Fat, Total	2.4g	1.5g
- Saturated	1.1g	0.6g
Carbohydrate	38.1g	23.1g
- Sugars	26.9g	16.3g
Dietary Fibre	2.5g	1.5g
Sodium	114mg	69mg
Iron	0.6mg (5%RDI)	0.4mg

CONTAINS: Wheat, Oats, Milk

Made in Australia

696 Rice Pudding 4 pack

Ingredients: Water, Rice (29%), Sugar, Cream, Milk Powder, Modified Starch (1442), Vanilla, Spices, Salt

Serving Size: 176g

	per serving	per 100g
Energy	838kJ (200Cal)	476kJ (114Cal)
Protein	4.7g	2.7g
Fat, Total	3.5g	2.0g
- Saturated	2.2g	1.3g
Carbohydrate	35.4g	20.1g
- Sugars	17.2g	9.8g
Dietary Fibre	0.7g	0.4g
Sodium	110mg	63mg

CONTAINS: Milk

Made in Australia

697 Apricot Pudding 4 pack

Ingredients: Apricot (45%), Water, Golden Syrup, Sugar, Egg, Flour (Contains Raising Agents (339, 341, 450, 500)), Apricot (3.5%), Milk Powder, Bran, Margarine, Modified Starch (1442), Colour (Carotene), Raising Agent (500), Vanilla, Salt

Serving Size: 165g

	per serving	per 100g
Energy	747kJ (178Cal)	453kJ (108Cal)
Protein	4.2g	2.5g
Fat, Total	2.2g	1.3g
- Saturated	0.8g	0.5g
Carbohydrate	35.2g	21.3g
- Sugars	26.0g	15.7g
Dietary Fibre	3.8g	2.3g
Sodium	203mg	123mg
Iron	1.2mg (10%RDI)	0.7mg

CONTAINS: Wheat, Egg, Milk

Made in Australia

718 Double Choc 4 pack

Ingredients: Berries (39%) (Raspberries, Blackberries), Water, Sugar, Flour, Apple, Milk Powder, Yoghurt, Egg, Evaporated Milk, Chocolate (2%), Cocoa (1.5%), Modified Starch (1442), Corn Starch, Vanilla, Oats, Bran, Colour (Carotene), Raising Agents (450, 500), Coffee, Spices, Salt

Serving Size: 160g

	per serving	per 100g
Energy	787kJ (188Cal)	492kJ (118Cal)
Protein	5.4g	3.4g
Fat, Total	2.1g	1.3g
- Saturated	1.5g	0.9g
Carbohydrate	33.5g	20.9g
- Sugars	25.0g	15.6g
Dietary Fibre	6.1g	3.8g
Sodium	193mg	121mg
Iron	1.4mg (12%RDI)	0.9mg

CONTAINS: Wheat, Oats, Egg, Milk, Soybean

Made In Australia

