



## 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](http://www.foodstandards.gov.au)

If you would like additional information about nutrition or dietary guidelines visit:  
[www.NutritionAustralia.org](http://www.NutritionAustralia.org) or  
[www.health.gov.au](http://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)), Apricots (3.5%), Milk Powder, Bran, Margarine, Modified Starch (1442), Colour (Carotene), Raising Agent (500), Vanilla, Salt

**Serving Size:** 165g

	per serving	per 100g
<b>Energy</b>	753kJ (180Cal)	456kJ (109Cal)
<b>Protein</b>	4.2g	2.6g
<b>Fat, Total</b>	2.1g	1.3g
<b>- Saturated</b>	0.8g	0.5g
<b>Carbohydrate</b>	34.2g	20.7g
<b>- Sugars</b>	25.4g	15.4g
<b>Dietary Fibre</b>	2.8g	1.7g
<b>Sodium</b>	200mg	121mg

**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
<b>Energy</b>	1000kJ (239Cal)	568kJ (136Cal)
<b>Protein</b>	5.6g	3.2g
<b>Fat, Total</b>	4.1g	2.3g
<b>- Saturated</b>	2.4g	1.3g
<b>Carbohydrate</b>	42.4g	24.1g
<b>- Sugars</b>	17.4g	9.9g
<b>Dietary Fibre</b>	1.4g	0.8g
<b>Sodium</b>	111mg	63mg

**CONTAINS:** Milk

Made in Australia

## 682 Apple Crumble

**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
<b>Energy</b>	812kJ (194Cal)	492kJ (118Cal)
<b>Protein</b>	3.5g	2.1g
<b>Fat, Total</b>	2.4g	1.5g
<b>- Saturated</b>	1.0g	0.6g
<b>Carbohydrate</b>	37.8g	22.9g
<b>- Sugars</b>	27.4g	16.6g
<b>Dietary Fibre</b>	2.2g	1.3g
<b>Sodium</b>	108mg	65mg

**CONTAINS:** Wheat, Oats, Milk

Made in Australia

## 687 Raspberry & Apple Crumble

**Ingredients:** Water, Apple (26%), Raspberries (13%), 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
<b>Energy</b>	847kJ (202Cal)	514kJ (123Cal)
<b>Protein</b>	4.0g	2.4g
<b>Fat, Total</b>	2.4g	1.5g
<b>- Saturated</b>	1.1g	0.6g
<b>Carbohydrate</b>	39.1g	23.7g
<b>- Sugars</b>	27.9g	16.9g
<b>Dietary Fibre</b>	2.6g	1.6g
<b>Sodium</b>	114mg	69mg

**CONTAINS:** Wheat, Oats, 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
<b>Energy</b>	812kJ (194Cal)	492kJ (118Cal)
<b>Protein</b>	3.5g	2.1g
<b>Fat, Total</b>	2.4g	1.5g
<b>- Saturated</b>	1.0g	0.6g
<b>Carbohydrate</b>	37.8g	22.9g
<b>- Sugars</b>	27.4g	16.6g
<b>Dietary Fibre</b>	2.2g	1.3g
<b>Sodium</b>	108mg	65mg

**CONTAINS:** Wheat, Oats, Milk

Made in Australia

## 695 Raspberry Crumble 4 pack

**Ingredients:** Water, Apple (26%), Raspberries (13%), 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
<b>Energy</b>	847kJ (202Cal)	514kJ (123Cal)
<b>Protein</b>	4.0g	2.4g
<b>Fat, Total</b>	2.4g	1.5g
<b>- Saturated</b>	1.1g	0.6g
<b>Carbohydrate</b>	39.1g	23.7g
<b>- Sugars</b>	27.9g	16.9g
<b>Dietary Fibre</b>	2.6g	1.6g
<b>Sodium</b>	114mg	69mg

**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
<b>Energy</b>	1000kJ (239Cal)	568kJ (136Cal)
<b>Protein</b>	5.6g	3.2g
<b>Fat, Total</b>	4.1g	2.3g
<b>- Saturated</b>	2.4g	1.3g
<b>Carbohydrate</b>	42.4g	24.1g
<b>- Sugars</b>	17.4g	9.9g
<b>Dietary Fibre</b>	1.4g	0.8g
<b>Sodium</b>	111mg	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)), Apricots (3.5%), Milk Powder, Bran, Margarine, Modified Starch (1442), Colour (Carotene), Raising Agent (500), Vanilla, Salt

**Serving Size:** 165g

	per serving	per 100g
<b>Energy</b>	753kJ (180Cal)	456kJ (109Cal)
<b>Protein</b>	4.2g	2.6g
<b>Fat, Total</b>	2.1g	1.3g
<b>- Saturated</b>	0.8g	0.5g
<b>Carbohydrate</b>	34.2g	20.7g
<b>- Sugars</b>	25.4g	15.4g
<b>Dietary Fibre</b>	2.8g	1.7g
<b>Sodium</b>	200mg	121mg

**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

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

**CONTAINS:** Wheat, Oats, Egg, Milk, Soybean

Made In Australia

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