



## Litemeals 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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## 485 Pulled Texas BBQ Lamb

**Ingredients:** Lamb (30%), Potato, Carrot, Corn, Broccolini, Tomato, Onion, Beef Stock, Sweet Potato, Pumpkin, Cheese, Tomato Paste, Yeast Extract, Egg, Corn Starch, Evaporated Milk, Garlic, Spices, Salt, Sugar, Butter, Garlic Extract, Olive Oil, Herbs, Pepper, Chilli

**Serving Size:** 258g

	per serving	per 100g
<b>Energy</b>	1010kJ (241Cal)	391kJ (93Cal)
<b>Protein</b>	25.0g	9.7g
<b>Fat, Total</b>	6.0g	2.3g
<b>- Saturated</b>	2.8g	1.1g
<b>Carbohydrate</b>	19.3g	7.5g
<b>- Sugars</b>	8.0g	3.1g
<b>Dietary Fibre</b>	4.8g	1.9g
<b>Sodium</b>	414mg	160mg

**CONTAINS:** Egg, Milk

Made in Australia

## 486 Creamy Tuscan Style Chicken

**Ingredients:** Chicken (25%), Rice, Chicken Stock, Capsicum, Shallots, Carrot, Zucchini, Mushroom, Onion, Lentils, Ham (Contains Preservative (250)), Cream, Olives (Contains Food Acid (Citric)), Semi Dried Tomatoes, Corn Starch, Tomato, Olive Oil, Garlic, Yeast Extract, Spices, Salt, Herbs, Parmesan, Chilli, Lemon, Pepper, Kiwifruit Extract

**Serving Size:** 230g

	per serving	per 100g
<b>Energy</b>	953kJ (228Cal)	415kJ (99Cal)
<b>Protein</b>	22.4g	9.8g
<b>Fat, Total</b>	5.4g	2.4g
<b>- Saturated</b>	1.7g	0.7g
<b>Carbohydrate</b>	20.5g	8.9g
<b>- Sugars</b>	3.3g	1.4g
<b>Dietary Fibre</b>	3.0g	1.3g
<b>Sodium</b>	343mg	149mg

**CONTAINS:** Egg, Milk

Made in Australia Caution: Olives May Contain Pits

## 487 Meatlovers Pasta Bake

**Ingredients:** Tomato, Pasta (13%) (Durum Wheat), Capsicum, Onion, Mushroom, Beef, Chicken Stock, Ham (Pork, Water, Starch (Potato, Tapioca), Sugar, Salt, Vegetable Fibre, Flavour, Fruit Extract, Preservative (250)), Cheese (Milk, Salt, Culture, Enzyme), Cauliflower, Olives (Contains Food Acid (Citric)), Leek, Barbeque Sauce, Parmesan, Corn Starch, Cashews, Vinegar (Apple Juice Concentrate, Sugar, Caramelised Sugar), Yeast Extract, Sugar, Garlic, Herbs, Olive Oil, Spices, Garlic Extract, Onion Extract, Salt, Pepper, Garlic Powder, Dijon Mustard

**Serving Size:** 240g

	per serving	per 100g
<b>Energy</b>	1050kJ (252Cal)	440kJ (105Cal)
<b>Protein</b>	20.2g	8.4g
<b>Fat, Total</b>	8.5g	3.6g
<b>- Saturated</b>	3.8g	1.6g
<b>Carbohydrate</b>	21.8g	9.1g
<b>- Sugars</b>	7.7g	3.2g
<b>Dietary Fibre</b>	3.1g	1.3g
<b>Sodium</b>	486mg	202mg

**CONTAINS:** Wheat, Egg, Milk, Tree Nuts

Caution: Olives may contain pits. Made in Australia

## 489 Chicken Tikka

**Ingredients:** Tomato, Chicken (20%), Rice, Cauliflower, Zucchini, Chicken Stock, Yoghurt (Milk, Cultures), Onion, Chickpeas, Almonds, Cream, Ginger, Sunflower Oil, Salt, Corn Starch, Tomato Paste, Garlic, Spices, Vinegar, Yeast Extract, Honey, Chilli, Sugar, Kiwifruit Extract, Red Rice Powder, Pepper

**Serving Size:** 265g

	per serving	per 100g
<b>Energy</b>	1120kJ (267Cal)	421kJ (101Cal)
<b>Protein</b>	23.6g	8.9g
<b>Fat, Total</b>	7.3g	2.7g
<b>- Saturated</b>	1.7g	0.6g
<b>Carbohydrate</b>	24.2g	9.1g
<b>- Sugars</b>	6.2g	2.4g
<b>Dietary Fibre</b>	4.5g	1.7g
<b>Sodium</b>	558mg	211mg

**CONTAINS:** Milk, Tree Nuts

Made in Australia

## 542 Shepherd's Pie

**Ingredients:** Potato (28%), Beef (24%), Beef Stock, Onion, Carrot, Leek, Celery, Tomato Paste, Evaporated Milk, Corn Starch, Egg, Salt, Butter, Yeast Extract, Pepper, Herbs

**Serving Size:** 280g

	per serving	per 100g
<b>Energy</b>	945kJ (226Cal)	337kJ (81Cal)
<b>Protein</b>	22.2g	7.9g
<b>Fat, Total</b>	5.2g	1.9g
<b>- Saturated</b>	2.5g	0.9g
<b>Carbohydrate</b>	20.7g	7.4g
<b>- Sugars</b>	5.0g	1.8g
<b>Dietary Fibre</b>	3.5g	1.3g
<b>Sodium</b>	613mg	219mg
<b>Iron</b>	2.6mg (22%RDI)	0.9mg

**CONTAINS:** Egg, Milk

Made in Australia

## 587 Seasoned Chicken w Mushroom Risotto

**Ingredients:** Chicken (26%), Corn, Sweet Potato, Chicken Stock, Peas, Roasted Capsicum (Vinegar, Salt, Sugar), Rice, Mushroom (5%), Onion, Olive Oil, Wine, Cream, Parmesan, Salt, Herbs, Spices, Garlic, Yeast Extract, Flavour, Onion Extract, Garlic Extract, Pepper

**Serving Size:** 223g

	per serving	per 100g
<b>Energy</b>	1030kJ (245Cal)	460kJ (110Cal)
<b>Protein</b>	23.0g	10.3g
<b>Fat, Total</b>	6.5g	2.9g
<b>- Saturated</b>	1.6g	0.7g
<b>Carbohydrate</b>	21.8g	9.8g
<b>- Sugars</b>	5.6g	2.5g
<b>Dietary Fibre</b>	4.3g	1.9g
<b>Sodium</b>	556mg	249mg
<b>Iron</b>	1.7mg (15%RDI)	0.8mg

**CONTAINS:** Wheat, Milk

Made in Australia

## 603 Mexican Chicken Stack

**Ingredients:** Tomato, Lavash Bread (Flour, Water, Iodised Salt, Milk, Vinegar, Preservatives (282, 202)), Chicken (11%), Capsicum, Carrot, Black Eye Beans, Corn, Onion, Sour Cream (Cream, Milk, Culture), Kidney Beans, Shallots, Tomato Paste, Celery, Parmesan, Garlic, Sugar, Chipotle Peppers, Spices, Corn Starch, Salt, Herbs, Sunflower Oil

**Serving Size:** 255g

	per serving	per 100g
<b>Energy</b>	1100kJ (262Cal)	430kJ (103Cal)
<b>Protein</b>	16.5g	6.5g
<b>Fat, Total</b>	4.6g	1.8g
<b>- Saturated</b>	2.2g	0.9g
<b>Carbohydrate</b>	35.0g	13.7g
<b>- Sugars</b>	9.4g	3.7g
<b>Dietary Fibre</b>	6.9g	2.7g
<b>Sodium</b>	404mg	158mg
<b>Iron</b>	2.3mg (19%RDI)	0.9mg

**CONTAINS:** Wheat, Milk, Soybean

Made in Australia

## 612 Chicken Teriyaki

**Ingredients:** Chicken (27%), Rice, Beans, Carrot, Cabbage, Soy Sauce (Water, Soy, Wheat, Salt, Sugar, Alcohol, Food Acid (260, 262, 270)), Chicken Stock, Capsicum, Sugar, Mirin, Corn Flour, Garlic, Ginger, Sake, Sesame Seeds, Yeast Extract, Sunflower Oil, Kiwifruit Extract

**Serving Size:** 251g

	per serving	per 100g
<b>Energy</b>	1000kJ (239Cal)	399kJ (95Cal)
<b>Protein</b>	24.3g	9.7g
<b>Fat, Total</b>	1.7g	0.7g
<b>- Saturated</b>	0.3g	0.1g
<b>Carbohydrate</b>	29.5g	11.8g
<b>- Sugars</b>	11.5g	4.6g
<b>Dietary Fibre</b>	3.3g	1.3g
<b>Sodium</b>	568mg	226mg
<b>Iron</b>	1.6mg (13%RDI)	0.6mg

**CONTAINS:** Wheat, Soybean, Sesame Seeds

Made in Australia

