



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

If you would like additional information about nutrition or dietary guidelines visit:

www.NutritionAustralia.org or

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
Energy	1010kJ (241Cal)	391kJ (93Cal)
Protein	25.0g	9.7g
Fat, Total	6.0g	2.3g
- Saturated	2.8g	1.1g
Carbohydrate	19.3g	7.5g
- Sugars	8.0g	3.1g
Dietary Fibre	4.8g	1.9g
Sodium	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
Energy	953kJ (228Cal)	415kJ (99Cal)
Protein	22.4g	9.8g
Fat, Total	5.4g	2.4g
- Saturated	1.7g	0.7g
Carbohydrate	20.5g	8.9g
- Sugars	3.3g	1.4g
Dietary Fibre	3.0g	1.3g
Sodium	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
Energy	1050kJ (252Cal)	439kJ (105Cal)
Protein	20.2g	8.4g
Fat, Total	8.5g	3.5g
- Saturated	3.8g	1.6g
Carbohydrate	21.7g	9.0g
- Sugars	7.8g	3.2g
Dietary Fibre	3.2g	1.3g
Sodium	486mg	202mg

CONTAINS: Wheat, Egg, Milk, Tree Nuts

Caution: Olives may contain pits. Made in Australia

497 Beef Satay

Ingredients: Beef (19%), Rice, Carrot, Broccolini, Cauliflower, Chicken Stock, Evaporated Milk, Water, Quinoa, Bamboo Shoots, Sweet Soy Sauce, Milk, Powdered Peanut Butter, Beef Marinade (Contains Flavour), Lemon Juice, Shallots, Sugar, Corn Starch, Sweet Chilli Sauce, Salt, Garlic, Yeast Extract, Coconut Cream, Spices, Ginger

Serving Size: 235g

	per serving	per 100g
Energy	1050kJ (252Cal)	449kJ (107Cal)
Protein	18.5g	7.9g
Fat, Total	3.3g	1.4g
- Saturated	1.3g	0.6g
Carbohydrate	34.5g	14.7g
- Sugars	12.0g	5.1g
Dietary Fibre	4.5g	1.9g
Sodium	657mg	279mg

CONTAINS: Wheat, Milk, Peanuts, Soybean

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
Energy	945kJ (226Cal)	337kJ (81Cal)
Protein	22.2g	7.9g
Fat, Total	5.2g	1.9g
- Saturated	2.5g	0.9g
Carbohydrate	20.7g	7.4g
- Sugars	5.0g	1.8g
Dietary Fibre	3.5g	1.3g
Sodium	613mg	219mg

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
Energy	1030kJ (245Cal)	460kJ (110Cal)
Protein	23.0g	10.3g
Fat, Total	6.5g	2.9g
- Saturated	1.6g	0.7g
Carbohydrate	21.8g	9.8g
- Sugars	5.6g	2.5g
Dietary Fibre	4.3g	1.9g
Sodium	556mg	249mg

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
Energy	1100kJ (262Cal)	430kJ (103Cal)
Protein	16.5g	6.5g
Fat, Total	4.6g	1.8g
- Saturated	2.2g	0.9g
Carbohydrate	35.0g	13.7g
- Sugars	9.4g	3.7g
Dietary Fibre	6.9g	2.7g
Sodium	404mg	158mg

CONTAINS: Wheat, Milk, Soybean

Made in Australia

612 Chicken Teriyaki

Ingredients: Chicken (27%), Rice, Beans, Carrot, Cabbage, Soy Sauce, 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
Energy	991kJ (237Cal)	395kJ (94Cal)
Protein	24.2g	9.7g
Fat, Total	1.7g	0.7g
- Saturated	0.3g	0.1g
Carbohydrate	28.9g	11.5g
- Sugars	11.0g	4.4g
Dietary Fibre	3.3g	1.3g
Sodium	539mg	215mg

CONTAINS: Wheat, Soybean, Sesame Seeds

Made in Australia

