



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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473 Tuna Mornay Pasta Bake

Ingredients: Cauliflower, Water, Pasta (14%) (Semolina, Flour), Tuna (14%), Onion, Broccolini, Corn, Peas, Milk Powder, Cheese, Corn Starch, Breadcrumbs (Contains Colours (Turmeric, Paprika)), Yeast, Salt, Parmesan, Lemon, Olive Oil, Herbs, Spices

Serving Size: 353g

	per serving	per 100g
Energy	1020kJ (243Cal)	288kJ (69Cal)
Protein	21.4g	6.1g
Fat, Total	3.2g	0.9g
- Saturated	1.3g	0.4g
Carbohydrate	22.0g	6.2g
- Sugars	8.7g	2.5g
Dietary Fibre	6.0g	1.7g
Sodium	613mg	174mg

CONTAINS: Wheat, Egg, Fish, Milk

474 Tortilla Stack

Ingredients: Salsa (Tomato, Onion, Capsicum, Vinegar, Water, Sugar, Iodised Salt, Citrus Fibre, Herbs, Spices, Garlic, Chilli), Lavash Bread (Flour, Water, Iodised Salt, Milk, Vinegar, Preservatives (282, 202)), Tomato, Water, Refried Beans (Pinto Beans, Water, Vegetable Oil, Onion, Salt), Capsicum, Onion, Kidney Beans, Sour Cream (Cream, Milk, Culture), Chickpeas, Tomato Paste, Parmesan, Shallots, Olive Oil, Salt, Spices, Chilli, Garlic, Pepper

Serving Size: 219g

	per serving	per 100g
Energy	1100kJ (262Cal)	501kJ (120Cal)
Protein	12.7g	5.8g
Fat, Total	5.5g	2.5g
- Saturated	2.9g	1.3g
Carbohydrate	36.5g	16.7g
- Sugars	5.8g	2.6g
Dietary Fibre	8.1g	3.7g
Sodium	599mg	274mg

CONTAINS: Wheat, Milk

477 Dahl Curry with Rice

Ingredients: Rice (23%), Tomato, Vegetable Stock (Onions, Carrots, Celery, Tomatoes, Leeks, Garlic, Herbs, Pepper), Cauliflower, Broccolini, Potatoes, Lentils, Onion, Carrot, Chinese Cabbage, Celery, Leek, Chickpeas, Cream, Almonds, Curry Paste, Garlic, Salt, Ginger, Yeast, Corn Starch, Lime Juice, Olive Oil, Sugar, Coriander, Spices, Sunflower Oil

Serving Size: 228g

	per serving	per 100g
Energy	978kJ (234Cal)	429kJ (102Cal)
Protein	9.0g	3.9g
Fat, Total	4.9g	2.2g
- Saturated	1.4g	0.6g
Carbohydrate	34.6g	15.2g
- Sugars	4.8g	2.1g
Dietary Fibre	7.0g	3.1g
Sodium	491mg	215mg

CONTAINS: Milk, Tree Nuts

480 Roast Chicken & Gravy

Ingredients: Chicken (25%), Chicken Stock, Peas, Carrot, Potato, Sweet Potato, Corn Starch, Flour, Port, Red Wine, Salt, Sugar, Butter, Onion Extract, Garlic Extract, Yeast Extract, Burnt Sugar, Pepper, Sunflower Oil, Spices

Serving Size: 280g

	per serving	per 100g
Energy	905kJ (216Cal)	323kJ (77Cal)
Protein	24.3g	8.7g
Fat, Total	2.4g	0.8g
- Saturated	0.9g	0.3g
Carbohydrate	21.3g	7.6g
- Sugars	6.2g	2.2g
Dietary Fibre	5.6g	2.0g
Sodium	456mg	163mg

CONTAINS: Wheat, Milk

Made in Australia

483 Creamy Chicken & Risoni

Ingredients: Pasta (23%), Chicken (20%), Chicken Stock, Zucchini, Carrot, Kale, Leek, Mushroom, Cream, Celery, Wine, Shallots, Cauliflower, Corn Starch, Garlic, Dijon Mustard, Salt, Herbs, Yeast Extract, Lemon, Olive Oil, Tomato, Egg Powder, Spices, Pepper

Serving Size: 250g

	per serving	per 100g
Energy	984kJ (235Cal)	394kJ (94Cal)
Protein	19.7g	7.9g
Fat, Total	5.9g	2.4g
- Saturated	2.9g	1.2g
Carbohydrate	23.8g	9.5g
- Sugars	3.4g	1.4g
Dietary Fibre	3.3g	1.3g
Sodium	425mg	170mg

CONTAINS: Wheat, Egg, Milk

Made in Australia

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	1000kJ (239Cal)	388kJ (93Cal)
Protein	24.9g	9.7g
Fat, Total	6.0g	2.3g
- Saturated	2.8g	1.1g
Carbohydrate	18.9g	7.3g
- Sugars	8.0g	3.1g
Dietary Fibre	4.7g	1.8g
Sodium	413mg	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 (Acetic, Lactic)), 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	955kJ (228Cal)	415kJ (99Cal)
Protein	22.5g	9.8g
Fat, Total	5.3g	2.3g
- Saturated	1.8g	0.8g
Carbohydrate	20.6g	9.0g
- Sugars	3.5g	1.5g
Dietary Fibre	3.3g	1.4g
Sodium	362mg	157mg

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, 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

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

577 Steak & Mushroom Pie

Ingredients: Potato, Beef (15%), Onion, Mushroom (13%), Beef Stock, Peas, Tomato, Carrot, Bacon (Contains Preservative (250)), Corn Flour, Evaporated Milk, Egg, Garlic, Butter, Sugar, Yeast Extract, Sunflower Oil, Lite Salt, Herbs, Salt, Pepper

Serving Size: 280g

	per serving	per 100g
Energy	879kJ (210Cal)	314kJ (75Cal)
Protein	19.4g	6.9g
Fat, Total	3.7g	1.3g
- Saturated	1.6g	0.6g
Carbohydrate	22.2g	7.9g
- Sugars	4.9g	1.8g
Dietary Fibre	4.5g	1.6g
Sodium	376mg	134mg

CONTAINS: Egg, Milk

Made in Australia

578 Asian Meatballs with Jasmine Rice

Ingredients: Rice (21%), Carrot, Soybeans, Pork, Chicken Stock, Water Chestnuts, Oyster Sauce (Contains Preservative (202)), Egg, Beans, Breadcrumbs (Contains Colours (Turmeric, Paprika)), Sugar, Coriander, Corn Flour, Sesame Oil, Spices, Shallots, Pepper

Serving Size: 240g

	per serving	per 100g
Energy	1120kJ (267Cal)	465kJ (111Cal)
Protein	16.7g	7.0g
Fat, Total	7.0g	2.9g
- Saturated	1.7g	0.7g
Carbohydrate	31.4g	13.1g
- Sugars	8.5g	3.5g
Dietary Fibre	4.5g	1.9g
Sodium	438mg	183mg

CONTAINS: Wheat, Egg, Fish, Soybean, Sesame Seeds

Made in Australia

579 Beef Polenta Bake

Ingredients: Chicken Stock, Beef (18%), Tomato, Onion, Beef Stock, Chickpeas, Kidney Beans, Polenta (4.5%), Tomato Paste, Parmesan, Evaporated Milk, Garlic, Sunflower Oil, Chilli, Corn Flour, Yeast Extract, Lite Salt, Margarine, Spices, Pepper

Serving Size: 260g

	per serving	per 100g
Energy	970kJ (232Cal)	373kJ (89Cal)
Protein	19.7g	7.6g
Fat, Total	6.0g	2.3g
- Saturated	2.3g	0.9g
Carbohydrate	22.6g	8.7g
- Sugars	6.4g	2.5g
Dietary Fibre	4.0g	1.5g
Sodium	454mg	175mg

CONTAINS: Milk

Made in Australia

587 Seasoned Chicken w Mushroom Risotto

Ingredients: Chicken (26%), Sweet Potato, Corn, Peas, Roasted Capsicum (Vinegar, Salt, Sugar), Rice, Chicken Stock, Mushroom (3.5%), Onion, Olive Oil, Wine, Corn Starch, Cream, Parmesan, Salt, Herbs, Paprika 80, Garlic, Yeast Extract, Flavour, Onion Extract, Spices, Garlic Extract, Pepper

Serving Size: 223g

	per serving	per 100g
Energy	978kJ (234Cal)	439kJ (105Cal)
Protein	22.2g	10.0g
Fat, Total	5.8g	2.6g
- Saturated	1.4g	0.6g
Carbohydrate	20.9g	9.4g
- Sugars	5.6g	2.5g
Dietary Fibre	4.1g	1.8g
Sodium	494mg	222mg

CONTAINS: Wheat, Egg, Milk

Made in Australia

598 Indian Chicken Rice

Ingredients: Chicken (22%), Onion, Rice (14%), Peas, Chicken Stock, Carrot, Beans, Capsicum, Yoghurt, Sultanas, Mustard, Sugar, Corn Starch, Lime Juice, Almonds, Garlic, Spices, Salt, Ginger, Corn Flour, Tomato Paste, Yeast Extract, Sunflower Oil, Kiwifruit Extract, Herbs, Pepper, Onion Extract, Chilli

Serving Size: 270g

	per serving	per 100g
Energy	1030kJ (246Cal)	382kJ (91Cal)
Protein	23.3g	8.6g
Fat, Total	2.2g	0.8g
- Saturated	0.3g	0.1g
Carbohydrate	30.6g	11.3g
- Sugars	13.6g	5.0g
Dietary Fibre	5.2g	1.9g
Sodium	458mg	170mg

CONTAINS: Milk, Tree Nuts

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	1110kJ (265Cal)	435kJ (104Cal)
Protein	16.3g	6.4g
Fat, Total	4.6g	1.8g
- Saturated	2.3g	0.9g
Carbohydrate	36.1g	14.2g
- Sugars	9.2g	3.6g
Dietary Fibre	6.2g	2.4g
Sodium	432mg	169mg

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	1010kJ (240Cal)	401kJ (96Cal)
Protein	24.4g	9.7g
Fat, Total	1.7g	0.7g
- Saturated	0.3g	0.1g
Carbohydrate	29.4g	11.7g
- Sugars	11.2g	4.5g
Dietary Fibre	3.9g	1.5g
Sodium	540mg	215mg

CONTAINS: Wheat, Soybean, Sesame Seeds

Made in Australia

