



## Meals in a Bowl 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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## 478 Cheesy Bacon & Semi Dried Tomato Pasta

**Ingredients:** Pasta (23%) (Wholegrain Flour, Semolina, Flour, Oat Fibre), Chicken Stock, Mushroom, Corn, Peas, Semi Dried Tomatoes (9%), Cauliflower, Bacon (7%) (Pork, Water, Starch (Potato, Tapioca), Sugar, Salt, Vegetable Fibre, Flavour, Fruit Extract, Preservative (250)), Cheese (4.5%), Leek, Breadcrumbs, Cashews, Parmesan, Dijon Mustard, Yeast, Garlic, Salt, Corn Starch, Pepper

**Serving Size:** 219g

	per serving	per 100g
<b>Energy</b>	1110kJ (265Cal)	506kJ (121Cal)
<b>Protein</b>	17.4g	7.9g
<b>Fat, Total</b>	6.4g	2.9g
<b>- Saturated</b>	2.6g	1.2g
<b>Carbohydrate</b>	30.1g	13.7g
<b>- Sugars</b>	6.7g	3.0g
<b>Dietary Fibre</b>	7.9g	3.6g
<b>Sodium</b>	395mg	180mg

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

Made in Australia

## 484 Roast Chicken Penne

**Ingredients:** Tomato, Pasta (27%), Chicken (24%), Water, Tomato Paste, Evaporated Milk, Cream, Sugar, Corn Starch, Salt, Onion Extract, Herbs, Garlic Extract, Yeast Extract, Pepper

**Serving Size:** 255g

	per serving	per 100g
<b>Energy</b>	1020kJ (243Cal)	398kJ (95Cal)
<b>Protein</b>	22.1g	8.7g
<b>Fat, Total</b>	2.6g	1.0g
<b>- Saturated</b>	1.1g	0.4g
<b>Carbohydrate</b>	30.7g	12.0g
<b>- Sugars</b>	5.6g	2.2g
<b>Dietary Fibre</b>	2.7g	1.1g
<b>Sodium</b>	305mg	119mg

**CONTAINS:** Wheat, Milk

Made in Australia

## 494 Spaghetti Carbonara

**Ingredients:** Pasta (32%), Chicken Stock, Onion, Mushroom, Cauliflower, Bacon (Pork, Water, Starch (Potato, Tapioca), Sugar, Salt, Vegetable Fibre, Flavour, Fruit Extract, Preservative (250)), Parmesan, Cream, Yeast, Butter, Pumpkin, Olive Oil, Corn Starch, Garlic, Dijon Mustard, Salt, Herbs, Pepper

**Serving Size:** 249g

	per serving	per 100g
<b>Energy</b>	1040kJ (249Cal)	418kJ (100Cal)
<b>Protein</b>	17.1g	6.9g
<b>Fat, Total</b>	6.7g	2.7g
<b>- Saturated</b>	2.9g	1.2g
<b>Carbohydrate</b>	28.2g	11.3g
<b>- Sugars</b>	3.8g	1.5g
<b>Dietary Fibre</b>	3.6g	1.4g
<b>Sodium</b>	446mg	179mg
<b>Iron</b>	1.5mg (12%RDI)	0.6mg

**CONTAINS:** Wheat, Egg, Milk

Made In Australia

## 519 Baked Potato Bolognese

**Ingredients:** Potatoes (43%), Tomato, Water, Beef (8%), Onion, Milk Powder, Cheese, Corn Starch, Tomato Paste, Parmesan, Salt, Garlic, Corn Flour, Sugar, Onion Extract, Yeast Extract, Herbs, Olive Oil, Pepper

**Serving Size:** 302g

	per serving	per 100g
<b>Energy</b>	944kJ (226Cal)	313kJ (75Cal)
<b>Protein</b>	13.5g	4.5g
<b>Fat, Total</b>	2.6g	0.9g
<b>- Saturated</b>	1.5g	0.5g
<b>Carbohydrate</b>	34.3g	11.4g
<b>- Sugars</b>	6.8g	2.2g
<b>Dietary Fibre</b>	4.6g	1.5g
<b>Sodium</b>	588mg	195mg
<b>Iron</b>	2.2mg (19%RDI)	0.7mg

**CONTAINS:** Milk

Made in Australia

## 537 Hokkien Stir Fry Noodles

**Ingredients:** Hokkien Noodles (27%) (Flour, Water, Vegetable Oil, Salt, Mineral Salt (501)), Chicken, Beans, Carrot, Choy Sum, Cabbage, Roasted Capsicum, Shallots, Oyster Sauce (Contains Modified Corn Starch (1442)), Onion, Chicken Stock, Soy Sauce, Corn Flour, Sugar, Olive Oil, Garlic, Salt, Pepper

**Serving Size:** 225g

	per serving	per 100g
<b>Energy</b>	901kJ (215Cal)	401kJ (96Cal)
<b>Protein</b>	14.1g	6.3g
<b>Fat, Total</b>	5.9g	2.6g
<b>- Saturated</b>	1.5g	0.7g
<b>Carbohydrate</b>	25.3g	11.2g
<b>- Sugars</b>	6.1g	2.7g
<b>Dietary Fibre</b>	2.7g	1.2g
<b>Sodium</b>	958mg	426mg
<b>Iron</b>	1.6mg (13%RDI)	0.7mg

**CONTAINS:** Wheat, Fish, Soybean

Made in Australia

## 541 Penne Pesto Pasta

**Ingredients:** Pasta (51%) (Durum Wheat), Tomato, Chicken Stock, Semi Dried Tomatoes, Onion, Olives (Contains Food Acid (Citric)), Herbs, Parmesan, Pine Nuts, Olive Oil, Garlic, Salt, Corn Flour, Pepper, Chilli, Food Acid (Citric)

**Serving Size:** 196g

	per serving	per 100g
<b>Energy</b>	1010kJ (242Cal)	518kJ (124Cal)
<b>Protein</b>	8.2g	4.2g
<b>Fat, Total</b>	5.6g	2.9g
<b>- Saturated</b>	1.1g	0.5g
<b>Carbohydrate</b>	37.8g	19.3g
<b>- Sugars</b>	5.0g	2.5g
<b>Dietary Fibre</b>	3.3g	1.7g
<b>Sodium</b>	393mg	201mg
<b>Iron</b>	1.7mg (14%RDI)	0.8mg

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

Made in Australia Caution: Olives may contain pits

## 586 Aromatic Chicken Curry

**Ingredients:** Rice, Chicken (21%), Tomato, Cauliflower, Beans, Onion, Chickpeas, Chicken Stock, Lentils, Evaporated Milk, Cream, Lemon, Yoghurt, Corn Starch, Spices, Honey, Lemon Juice, Salt, Coriander, Ginger, Garlic, Yeast Extract, Sunflower Oil, Chilli

**Serving Size:** 250g

	per serving	per 100g
<b>Energy</b>	1140kJ (272Cal)	455kJ (109Cal)
<b>Protein</b>	17.4g	7.0g
<b>Fat, Total</b>	5.8g	2.3g
<b>- Saturated</b>	1.9g	0.8g
<b>Carbohydrate</b>	34.6g	13.8g
<b>- Sugars</b>	5.1g	2.1g
<b>Dietary Fibre</b>	5.1g	2.1g
<b>Sodium</b>	491mg	196mg
<b>Iron</b>	3.1mg (26%RDI)	1.3mg

**CONTAINS:** Milk

Made in Australia

## 609 Spaghetti Bolognese

**Ingredients:** Tomato, Pasta (33%), Beef, Onion, Tomato Paste, Parmesan, Garlic, Sugar, Corn Starch, Salt, Yeast Extract, Herbs, Olive Oil, Pepper

**Serving Size:** 258g

	per serving	per 100g
<b>Energy</b>	1150kJ (275Cal)	447kJ (107Cal)
<b>Protein</b>	22.5g	8.7g
<b>Fat, Total</b>	4.2g	1.6g
<b>- Saturated</b>	1.8g	0.7g
<b>Carbohydrate</b>	34.8g	13.5g
<b>- Sugars</b>	7.4g	2.9g
<b>Dietary Fibre</b>	3.0g	1.2g
<b>Sodium</b>	454mg	176mg
<b>Iron</b>	3.0mg (25%RDI)	1.2mg

**CONTAINS:** Wheat, Egg, Milk

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## 615 Chicken and Cashew

**Ingredients:** Chicken (21%), Rice, Broccoli, Chicken Stock, Carrot, Capsicum, Bamboo Shoots, Celery, Oyster Sauce (Contains Modified Corn Starch (1442)), Chinese Cooking Wine, Cashews (2%), Egg, Corn Starch, Corn Flour, Sesame Oil, Garlic, Sunflower Oil, Ginger, Yeast Extract, Kiwifruit Extract, Pepper

**Serving Size:** 255g

	per serving	per 100g
<b>Energy</b>	1080kJ (258Cal)	423kJ (101Cal)
<b>Protein</b>	20.0g	7.9g
<b>Fat, Total</b>	5.8g	2.3g
<b>- Saturated</b>	1.2g	0.5g
<b>Carbohydrate</b>	29.3g	11.5g
<b>- Sugars</b>	5.2g	2.1g
<b>Dietary Fibre</b>	3.7g	1.5g
<b>Sodium</b>	523mg	205mg
<b>Iron</b>	1.6mg (13%RDI)	0.6mg

**CONTAINS:** Wheat, Egg, Fish, Soybean, Tree Nuts, Sesame Seeds

Made In Australia

## 616 Moroccan Lamb Hot Pot

**Ingredients:** Lamb (19%), Cous Cous, Tomato, Sweet Potato, Quinoa, Zucchini, Carrot, Spinach, Roasted Capsicum (Vinegar, Salt, Sugar), Chickpeas, Chicken Stock, Sugar, Fish Sauce, Ginger, Olive Oil, Corn Flour, Spices, Garlic, Salt, Yeast Extract, Chilli

**Serving Size:** 260g

	per serving	per 100g
<b>Energy</b>	1020kJ (245Cal)	394kJ (94Cal)
<b>Protein</b>	17.8g	6.9g
<b>Fat, Total</b>	4.4g	1.7g
<b>- Saturated</b>	1.5g	0.6g
<b>Carbohydrate</b>	30.4g	11.7g
<b>- Sugars</b>	8.2g	3.2g
<b>Dietary Fibre</b>	5.4g	2.1g
<b>Sodium</b>	480mg	185mg
<b>Iron</b>	3.8mg (32%RDI)	1.5mg

**CONTAINS:** Wheat, Fish

Made In Australia

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