



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

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

www.NutritionAustralia.org or

www.health.gov.au

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468 Oriental Pork Noodles

Ingredients: Hokkien Noodles (23%) (Flour, Water, Canola Oil, Salt, Mineral Salt (501)), Pork (15%), Cabbage, Celery, Broccolini, Onion, Carrot, Choy Sum, Peas, Soybeans, Oyster Sauce (Contains Modified Corn Starch (1442)), Chicken Stock, Ginger, Sesame Oil, Honey, Soy Sauce, Garlic, Chilli, Corn Starch, Salt, Coriander, Spices

Serving Size: 220g

	per serving	per 100g
Energy	934kJ (223Cal)	425kJ (101Cal)
Protein	13.6g	6.2g
Fat, Total	6.6g	3.0g
- Saturated	1.5g	0.7g
Carbohydrate	25.1g	11.4g
- Sugars	5.8g	2.6g
Dietary Fibre	4.5g	2.1g
Sodium	628mg	285mg

CONTAINS: Wheat, Fish, Soybean, Sesame Seeds

469 Chicken Fajita Bowl

Ingredients: Chicken (19%), Tomato, Onion, Cauliflower, Rice, Mushroom, Water, Cheese, Black Beans, Chicken Stock, Zucchini, Corn, Capsicum, Capsicum, Shallots, Corn Starch, Milk Powder, Yeast, Sugar, Spices, Garlic, Vinegar, Chilli, Salt, Olive Oil, Herbs, Onion Extract, Coriander, Yeast Extract, Pepper, Kiwifruit Extract

Serving Size: 253g

	per serving	per 100g
Energy	956kJ (228Cal)	378kJ (90Cal)
Protein	24.1g	9.5g
Fat, Total	5.5g	2.2g
- Saturated	2.3g	0.9g
Carbohydrate	18.5g	7.3g
- Sugars	7.1g	2.8g
Dietary Fibre	4.8g	1.9g
Sodium	428mg	169mg

CONTAINS: Milk

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
Energy	1110kJ (264Cal)	505kJ (121Cal)
Protein	17.4g	7.9g
Fat, Total	6.4g	2.9g
- Saturated	2.6g	1.2g
Carbohydrate	29.9g	13.7g
- Sugars	6.6g	3.0g
Dietary Fibre	8.0g	3.6g
Sodium	395mg	180mg

CONTAINS: Wheat, Egg, Milk, Tree Nuts

Made in Australia

481 Creamy Chicken Pasta with Broccolini

Ingredients: Pasta (25%), Chicken (17%), Broccolini (16%), Chicken Stock, Onion, Cauliflower, Zucchini, Parmesan, Cream, Corn Starch, Yeast Extract, Yoghurt, Salt, Olive Oil, Garlic, Dijon Mustard, Herbs, Kiwifruit Extract, Pepper

Serving Size: 280g

	per serving	per 100g
Energy	1010kJ (241Cal)	360kJ (86Cal)
Protein	23.7g	8.5g
Fat, Total	4.1g	1.5g
- Saturated	1.7g	0.6g
Carbohydrate	24.9g	8.9g
- Sugars	2.6g	0.9g
Dietary Fibre	4.0g	1.4g
Sodium	453mg	162mg

CONTAINS: Wheat, Egg, Milk

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

CONTAINS: Wheat, Milk

494 Spaghetti Carbonara

Ingredients: Pasta (33%), 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: 244g

	per serving	per 100g
Energy	999kJ (239Cal)	409kJ (98Cal)
Protein	15.5g	6.4g
Fat, Total	6.3g	2.6g
- Saturated	2.8g	1.1g
Carbohydrate	28.0g	11.4g
- Sugars	3.8g	1.5g
Dietary Fibre	3.6g	1.5g
Sodium	407mg	167mg

CONTAINS: Wheat, Egg, Milk

518 Chicken & Pasta Bake

Ingredients: Water, Pasta (26%), Chicken (16%), Carrot, Onion, Peas, Milk Powder, Cheese, Corn Starch, Parmesan, Salt, Herbs, Yeast Extract, Spices, Kiwifruit Extract, Pepper

Serving Size: 252g

	per serving	per 100g
Energy	1020kJ (244Cal)	405kJ (97Cal)
Protein	19.7g	7.8g
Fat, Total	2.2g	0.9g
- Saturated	1.3g	0.5g
Carbohydrate	35.0g	13.9g
- Sugars	5.6g	2.2g
Dietary Fibre	3.0g	1.2g
Sodium	472mg	187mg

CONTAINS: Wheat, Egg, Milk

519 Baked Potato Bolognese

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

Serving Size: 302g

	per serving	per 100g
Energy	945kJ (226Cal)	313kJ (75Cal)
Protein	13.6g	4.5g
Fat, Total	2.6g	0.9g
- Saturated	1.5g	0.5g
Carbohydrate	34.3g	11.3g
- Sugars	6.8g	2.2g
Dietary Fibre	4.5g	1.5g
Sodium	588mg	195mg

CONTAINS: Egg, Milk

537 Hokkien Stir Fry Noodles

Ingredients: Hokkien Noodles (27%) (Flour, Water, Canola 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
Energy	897kJ (214Cal)	399kJ (95Cal)
Protein	14.3g	6.3g
Fat, Total	5.5g	2.4g
- Saturated	1.4g	0.6g
Carbohydrate	25.5g	11.3g
- Sugars	6.4g	2.8g
Dietary Fibre	3.0g	1.3g
Sodium	957mg	425mg

CONTAINS: Wheat, Fish, Soybean

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
Energy	1010kJ (242Cal)	518kJ (124Cal)
Protein	8.2g	4.2g
Fat, Total	5.6g	2.9g
- Saturated	1.1g	0.5g
Carbohydrate	37.8g	19.3g
- Sugars	5.0g	2.5g
Dietary Fibre	3.3g	1.7g
Sodium	393mg	201mg

CONTAINS: Wheat, Milk, Tree Nuts

Caution: Olives may contain pits

545 Chicken & Broccoli Pasta Bake

Ingredients: Pasta (29%) (Durum Wheat), Broccoli (26%), Water, Chicken (13%), Evaporated Milk, Milk Powder, Corn Starch, Parmesan, Onion, Parmesan, Cheese, Salt, Garlic, Dijon Mustard, Yeast Extract, Onion Extract, Pepper

Serving Size: 227g

	per serving	per 100g
Energy	999kJ (239Cal)	440kJ (105Cal)
Protein	18.5g	8.1g
Fat, Total	5.2g	2.3g
- Saturated	2.0g	0.9g
Carbohydrate	27.5g	12.1g
- Sugars	4.7g	2.1g
Dietary Fibre	3.3g	1.5g
Sodium	412mg	181mg

CONTAINS: Wheat, Egg, Milk

599 Chicken & Chorizo Rice Pot

Ingredients: Rice, Tomato, Chicken (14%), Carrot, Capsicum, Corn, Shallots, Sausages (4%) (Beef, Water, Honey, Collagen Casing, Maize, Rice Flour, Flour, Salt, Soy Protein, Sugar, Spices, Spice Extract, Garlic, Flavour), Chicken Stock, Onion, Celery, Corn Flour, Spices, Tomato Paste, Garlic, Lemon Juice, Sunflower Oil, Herbs, Salt, Coriander, Pepper, Kiwifruit Extract, Chilli

Serving Size: 284g

	per serving	per 100g
Energy	1030kJ (246Cal)	363kJ (87Cal)
Protein	17.9g	6.3g
Fat, Total	3.2g	1.1g
- Saturated	0.6g	0.2g
Carbohydrate	34.4g	12.1g
- Sugars	7.9g	2.8g
Dietary Fibre	4.2g	1.5g
Sodium	475mg	167mg

CONTAINS: Wheat, Soybean

Made in Australia

600 Sesame Beef Noodles

Ingredients: Hokkien Noodles (17%) (Flour, Water, Canola Oil, Salt, Mineral Salt (501)), Beef (16%), Beans, Capsicum, Broccoli, Carrot, Chicken Stock, Soybeans, Cabbage, Choy Sum, Soy Sauce, Sweet Soy Sauce, Honey, Oyster Sauce (Contains Preservative (202)), Corn Starch, Sesame Oil (1%), Sherry, Garlic, Sesame Seeds, Ginger, Chilli, Garlic, Salt, Vinegar, Sugar, Yeast Extract, Pepper, Kiwifruit Extract

Serving Size: 231g

	per serving	per 100g
Energy	993kJ (237Cal)	430kJ (103Cal)
Protein	19.5g	8.4g
Fat, Total	5.5g	2.4g
- Saturated	1.0g	0.4g
Carbohydrate	25.1g	10.9g
- Sugars	10.2g	4.4g
Dietary Fibre	4.1g	1.8g
Sodium	623mg	270mg

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

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
Energy	1100kJ (263Cal)	427kJ (102Cal)
Protein	19.2g	7.5g
Fat, Total	4.4g	1.7g
- Saturated	1.8g	0.7g
Carbohydrate	34.8g	13.5g
- Sugars	7.4g	2.9g
Dietary Fibre	3.0g	1.2g
Sodium	445mg	173mg

CONTAINS: Wheat, Egg, Milk

614 Sweet Chicken Curry

Ingredients: Rice, Chicken (18%), Carrot, Chicken Stock, Beans, Onion, Pumpkin, Daikon, Honey, Flour, Spices, Tomato Sauce, Corn Starch, Sunflower Oil, Salt, Yeast Extract, Ginger, Garlic, Worcestershire Sauce, Soy Sauce

Serving Size: 256g

	per serving	per 100g
Energy	1050kJ (251Cal)	410kJ (98Cal)
Protein	16.1g	6.3g
Fat, Total	6.3g	2.5g
- Saturated	1.6g	0.6g
Carbohydrate	29.9g	11.7g
- Sugars	7.0g	2.7g
Dietary Fibre	4.1g	1.6g
Sodium	469mg	183mg

CONTAINS: Wheat, Barley, Fish, Soybean

Caution: May Contain Pieces of Bone

616 Moroccan Lamb Hot Pot

Ingredients: Lamb (19%), Cous Cous, Tomato, Sweet Potato, Quinoa, Zucchini, Carrot, Spinach, Roasted Capsicum (Water, 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
Energy	1030kJ (245Cal)	395kJ (94Cal)
Protein	17.8g	6.8g
Fat, Total	4.5g	1.7g
- Saturated	1.5g	0.6g
Carbohydrate	30.7g	11.8g
- Sugars	8.3g	3.2g
Dietary Fibre	5.4g	2.1g
Sodium	443mg	170mg

CONTAINS: Wheat, Fish

Made In Australia

618 Italian Spaghetti & Meatballs

Ingredients: Pasta (26%), Zucchini, Tomato, Beef, Capsicum, Onion, Tomato Jam, Eggplant, Parmesan, Egg, Soy Protein, Sugar, Olive Oil, Breadcrumbs, Garlic, Salt, Corn Flour, Yeast Extract, Herbs, Sunflower Oil, Pepper, Chilli, Garlic

Serving Size: 228g

	per serving	per 100g
Energy	975kJ (233Cal)	428kJ (102Cal)
Protein	18.7g	8.2g
Fat, Total	5.3g	2.3g
- Saturated	1.7g	0.7g
Carbohydrate	25.8g	11.3g
- Sugars	6.6g	2.9g
Dietary Fibre	3.1g	1.4g
Sodium	490mg	215mg

CONTAINS: Wheat, Egg, Milk, Soybean

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