



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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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

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 |
|----------------------|-------------------|------------------|
| Energy | 944kJ (226Cal) | 313kJ (75Cal) |
| Protein | 13.5g | 4.5g |
| Fat, Total | 2.6g | 0.9g |
| - Saturated | 1.5g | 0.5g |
| Carbohydrate | 34.3g | 11.4g |
| - Sugars | 6.8g | 2.2g |
| Dietary Fibre | 4.6g | 1.5g |
| Sodium | 588mg | 195mg |

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 |
|----------------------|-------------------|------------------|
| 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

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 |
|----------------------|--------------------|-------------------|
| 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

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 |
|----------------------|--------------------|-------------------|
| Energy | 1140kJ (272Cal) | 455kJ (109Cal) |
| Protein | 17.4g | 7.0g |
| Fat, Total | 5.8g | 2.3g |
| - Saturated | 1.9g | 0.8g |
| Carbohydrate | 34.6g | 13.8g |
| - Sugars | 5.1g | 2.1g |
| Dietary Fibre | 5.1g | 2.1g |
| Sodium | 491mg | 196mg |

CONTAINS: Milk

Made in Australia

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

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

Made in Australia

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

Made In Australia. Caution: May Contain Pieces of Bone

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%), Corn Starch, Egg, Sesame Oil, Garlic, Sunflower Oil, Ginger, Yeast Extract, Kiwifruit Extract, Pepper

Serving Size: 255g

| | per serving | per 100g |
|----------------------|--------------------|------------------|
| Energy | 1060kJ (252Cal) | 414kJ (99Cal) |
| Protein | 20.2g | 7.9g |
| Fat, Total | 5.7g | 2.2g |
| - Saturated | 1.2g | 0.5g |
| Carbohydrate | 27.9g | 10.9g |
| - Sugars | 4.7g | 1.9g |
| Dietary Fibre | 3.9g | 1.5g |
| Sodium | 517mg | 203mg |

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 |
|----------------------|--------------------|------------------|
| Energy | 1020kJ (245Cal) | 394kJ (94Cal) |
| Protein | 17.8g | 6.8g |
| Fat, Total | 4.4g | 1.7g |
| - Saturated | 1.5g | 0.6g |
| Carbohydrate | 30.4g | 11.7g |
| - Sugars | 8.2g | 3.2g |
| Dietary Fibre | 5.4g | 2.1g |
| Sodium | 480mg | 185mg |

CONTAINS: Wheat, Fish

Made In Australia