



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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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

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
Energy	1040kJ (249Cal)	418kJ (100Cal)
Protein	17.1g	6.9g
Fat, Total	6.7g	2.7g
- Saturated	2.9g	1.2g
Carbohydrate	28.2g	11.3g
- Sugars	3.8g	1.5g
Dietary Fibre	3.6g	1.4g
Sodium	451mg	181mg

CONTAINS: Wheat, Egg, Milk

Made In Australia

518 Chicken & Pasta Bake

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

Serving Size: 252g

	per serving	per 100g
Energy	1020kJ (244Cal)	405kJ (97Cal)
Protein	19.8g	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	482mg	191mg

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

545 Chicken & Broccoli Pasta Bake

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

Serving Size: 227g

	per serving	per 100g
Energy	998kJ (238Cal)	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	421mg	186mg

CONTAINS: Wheat, Milk

Made in Australia

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

600 Sesame Beef Noodles

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

Serving Size: 231g

	per serving	per 100g
Energy	965kJ (231Cal)	418kJ (100Cal)
Protein	17.5g	7.6g
Fat, Total	5.4g	2.3g
- Saturated	0.9g	0.4g
Carbohydrate	25.8g	11.2g
- Sugars	10.4g	4.5g
Dietary Fibre	3.9g	1.7g
Sodium	609mg	264mg

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

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

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

Made In Australia

