



Mini Meals 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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476 Crumbed Fish Entrée

Ingredients: Crumbed Fish (49%) (Fish (70%), Crumb (8%) (Flour, Gluten, Sugar, Salt, Yeast, Vegetable Oil, Colours (Turmeric, Paprika)), Vegetable Oil, Flour, Water, Gluten, Wheat Starch, Dried Vegetables, Corn Starch, Wheat Fibre, Salt, Egg, Flavour), Sweet Potato, Potato, Sunflower Oil, Spices, Herbs, Onion Extract, Salt, Yeast Extract, Pepper

Serving Size: 198g

	per serving	per 100g
Energy	1090kJ (261Cal)	551kJ (132Cal)
Protein	15.9g	8.1g
Fat, Total	7.8g	3.9g
- Saturated	0.8g	0.4g
Carbohydrate	30.1g	15.2g
- Sugars	5.8g	2.9g
Dietary Fibre	4.4g	2.2g
Sodium	378mg	191mg

CONTAINS: Wheat, Egg, Fish, Milk

Made in Australia

750 Chicken Spaghetti Bolognese

Ingredients: Pasta (36%), Tomato, Chicken (16%), Onion, Carrot, Parmesan, Tomato Paste, Sugar, Salt, Garlic, Yeast Extract, Onion Extract, Modified Starch (1422), Olive Oil, Herbs

Serving Size: 358g

	per serving	per 100g
Energy	1620kJ (386Cal)	451kJ (108Cal)
Protein	26.2g	7.3g
Fat, Total	7.8g	2.2g
- Saturated	3.1g	0.9g
Carbohydrate	49.9g	13.9g
- Sugars	10.1g	2.8g
Dietary Fibre	4.4g	1.2g
Sodium	794mg	222mg

CONTAINS: Wheat, Milk

Made in Australia

751 Beef Lasagne

Ingredients: Tomato, Beef (25%), Water, Pasta (Flour, Egg), Cheese (Milk, Salt, Culture, Enzyme), Onion, Milk Powder, Corn Starch, Breadcrumbs, Tomato Paste, Salt, Garlic, Sugar, Onion Extract, Yeast Extract, Herbs, Spices, Olive Oil, Pepper

Serving Size: 292g

	per serving	per 100g
Energy	1340kJ (320Cal)	459kJ (110Cal)
Protein	28.2g	9.7g
Fat, Total	7.9g	2.7g
- Saturated	4.3g	1.5g
Carbohydrate	32.7g	11.2g
- Sugars	9.0g	3.1g
Dietary Fibre	2.1g	0.7g
Sodium	885mg	303mg

CONTAINS: Wheat, Egg, Milk

752 Fried Rice with BBQ Chicken

Ingredients: Rice (42%), Chicken (22%), Carrot, Chicken Stock, Ham (Contains Preservative (250)), Peas, Corn, Oyster Sauce (Contains Modified Corn Starch (1442)), Onion, Egg, Shallots, Capsicum, Soy Sauce, Sugar, Sweet Soy Sauce, Corn Flour, Garlic, Sesame Oil, Olive Oil, Sweet Chilli Sauce, Pepper

Serving Size: 290g

	per serving	per 100g
Energy	1670kJ (399Cal)	576kJ (138Cal)
Protein	28.5g	9.8g
Fat, Total	7.5g	2.6g
- Saturated	2.2g	0.8g
Carbohydrate	53.5g	18.4g
- Sugars	8.0g	2.8g
Dietary Fibre	2.5g	0.9g
Sodium	849mg	293mg

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

Made in Australia

753 Macaroni Cheese with Ham

Ingredients: Pasta (41%), Water, Ham (11%) (Pork (80%), Water, Cure (Starch (Potato, Tapioca), Sugar, Salt, Vegetable Fibre, Flavour, Fruit Extract, Preservative (250))), Sweet Potato, Parmesan, Evaporated Milk, Cheese (3%), Milk Powder, Onion, Modified Starch (1422), Maltodextrin, Salt, Dijon Mustard, Yeast Extract, Onion Extract

Serving Size: 343g

	per serving	per 100g
Energy	1770kJ (422Cal)	515kJ (123Cal)
Protein	28.4g	8.3g
Fat, Total	8.2g	2.4g
- Saturated	4.8g	1.4g
Carbohydrate	56.8g	16.6g
- Sugars	8.5g	2.5g
Dietary Fibre	2.4g	0.7g
Sodium	839mg	245mg

CONTAINS: Wheat, Milk

Made In Australia

755 Honey Soy Stir Fry

Ingredients: Hokkien Noodles (Flour, Water, Vegetable Oil, Salt, Mineral Salt (501)), Chicken, Corn, Carrot, Celery, Broccoli, Chicken Stock, Capsicum, Sweet Soy Sauce, Honey (2%), Soy Sauce (1%), Oyster Sauce (Contains Modified Corn Starch (1442)), Modified Starch (1422), Garlic, Pepper

Serving Size: 300g

	per serving	per 100g
Energy	1370kJ (327Cal)	456kJ (109Cal)
Protein	19.2g	6.4g
Fat, Total	7.8g	2.6g
- Saturated	2.0g	0.7g
Carbohydrate	42.3g	14.1g
- Sugars	18.9g	6.3g
Dietary Fibre	4.9g	1.7g
Sodium	684mg	228mg

CONTAINS: Wheat, Fish, Soybean

Made in Australia

756 Shepherd's Pie

Ingredients: Beef (20%), Beef Stock, Potato (20%), Onion, Carrot, Celery, Tomato Paste, Leek, Breadcrumbs, Milk Powder, Evaporated Milk, Egg, Salt, Modified Starch (1422), Yeast Extract, Butter, Herbs, Pepper

Serving Size: 390g

	per serving	per 100g
Energy	1360kJ (326Cal)	350kJ (84Cal)
Protein	30.7g	7.9g
Fat, Total	6.2g	1.6g
- Saturated	2.8g	0.7g
Carbohydrate	33.5g	8.6g
- Sugars	11.1g	2.9g
Dietary Fibre	5.9g	1.5g
Sodium	910mg	233mg

CONTAINS: Wheat, Egg, Milk

Made in Australia

761 Nasi Goreng with Thai Chicken Balls

Ingredients: Rice, Chicken (16%), Onion, Carrot, Peas, Plum Sauce (Contains Colour (150c)), Bacon (Contains Mineral Salts (451, 452, 500), Antioxidant (316), Preservative (250)), Egg, Breadcrumbs, Apricot, Leek, Cabbage, Capsicum, Corn, Sugar, Sweet Chilli Sauce, Coriander, Sweet Soy Sauce, Fish Sauce, Garlic, Lime Juice, Olive Oil, Modified Starch (1422), Lemongrass, Salt, Chilli, Spices, Sesame Oil, Kaffir Lime Leaves

Serving Size: 280g

	per serving	per 100g
Energy	1520kJ (364Cal)	544kJ (130Cal)
Protein	21.1g	7.5g
Fat, Total	5.8g	2.1g
- Saturated	1.5g	0.6g
Carbohydrate	54.0g	19.3g
- Sugars	22.1g	7.9g
Dietary Fibre	4.5g	1.6g
Sodium	688mg	246mg

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

Made in Australia

762 Chicken Satay

Ingredients: Rice, Chicken (18%), Carrot, Cauliflower, Beans, Coconut Flavoured Evaporated Milk (Vegetable Gum (407)), Chicken Stock, Sweet Soy Sauce, Peanuts, Honey, Lemon Juice, Modified Starch (1442), Ginger, Garlic, Sugar, Soy Sauce (Contains Colour (150a)), Tomato Sauce, Spices, Lite Salt, Peanut Oil, Flavour, Chilli

Serving Size: 320g

	per serving	per 100g
Energy	1510kJ (361Cal)	473kJ (113Cal)
Protein	23.6g	7.4g
Fat, Total	10.0g	3.1g
- Saturated	2.8g	0.9g
Carbohydrate	41.4g	12.9g
- Sugars	16.6g	5.2g
Dietary Fibre	4.8g	1.5g
Sodium	493mg	154mg

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

Made in Australia

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