



## 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](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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## 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
<b>Energy</b>	1090kJ (261Cal)	551kJ (132Cal)
<b>Protein</b>	15.9g	8.1g
<b>Fat, Total</b>	7.8g	3.9g
<b>- Saturated</b>	0.8g	0.4g
<b>Carbohydrate</b>	30.1g	15.2g
<b>- Sugars</b>	5.8g	2.9g
<b>Dietary Fibre</b>	4.4g	2.2g
<b>Sodium</b>	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
<b>Energy</b>	1600kJ (381Cal)	446kJ (106Cal)
<b>Protein</b>	25.8g	7.2g
<b>Fat, Total</b>	7.4g	2.1g
<b>- Saturated</b>	3.0g	0.8g
<b>Carbohydrate</b>	49.9g	13.9g
<b>- Sugars</b>	10.1g	2.8g
<b>Dietary Fibre</b>	4.4g	1.2g
<b>Sodium</b>	765mg	214mg

**CONTAINS:** Wheat, Milk

Made in Australia

## 751 Beef Lasagne

**Ingredients:** Tomato, Beef (27%), 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, Olive Oil, Spices, Pepper

**Serving Size:** 275g

	per serving	per 100g
<b>Energy</b>	1390kJ (332Cal)	505kJ (121Cal)
<b>Protein</b>	29.0g	10.5g
<b>Fat, Total</b>	8.4g	3.1g
<b>- Saturated</b>	4.6g	1.7g
<b>Carbohydrate</b>	33.6g	12.2g
<b>- Sugars</b>	9.1g	3.3g
<b>Dietary Fibre</b>	2.1g	0.8g
<b>Sodium</b>	901mg	327mg

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

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

Made in Australia

## 753 Macaroni Cheese with Ham

**Ingredients:** Pasta (41%), Water, Ham (11%) (Pork, Water, 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
<b>Energy</b>	1740kJ (415Cal)	507kJ (121Cal)
<b>Protein</b>	28.1g	8.2g
<b>Fat, Total</b>	7.6g	2.2g
<b>- Saturated</b>	4.6g	1.4g
<b>Carbohydrate</b>	56.4g	16.4g
<b>- Sugars</b>	8.6g	2.5g
<b>Dietary Fibre</b>	2.4g	0.7g
<b>Sodium</b>	869mg	253mg

**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
<b>Energy</b>	1370kJ (327Cal)	456kJ (109Cal)
<b>Protein</b>	19.8g	6.6g
<b>Fat, Total</b>	7.8g	2.6g
<b>- Saturated</b>	2.0g	0.7g
<b>Carbohydrate</b>	41.8g	13.9g
<b>- Sugars</b>	18.6g	6.2g
<b>Dietary Fibre</b>	4.9g	1.6g
<b>Sodium</b>	685mg	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
<b>Energy</b>	1360kJ (326Cal)	350kJ (84Cal)
<b>Protein</b>	30.7g	7.9g
<b>Fat, Total</b>	6.2g	1.6g
<b>- Saturated</b>	2.8g	0.7g
<b>Carbohydrate</b>	33.5g	8.6g
<b>- Sugars</b>	11.1g	2.9g
<b>Dietary Fibre</b>	5.9g	1.5g
<b>Sodium</b>	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, Bacon (Contains Preservative (250)), Egg, Breadcrumbs, Apricot, Leek, Cabbage, Capsicum, Corn, Sugar, Sweet Chilli Sauce, Coriander, Sweet Soy Sauce, Fish Sauce, Lime Juice, Olive Oil, Garlic, Modified Starch (1422), Lemongrass, Garlic, Salt, Chilli, Spices, Sesame Oil, Kaffir Lime Leaves

**Serving Size:** 280g

	per serving	per 100g
<b>Energy</b>	1560kJ (372Cal)	556kJ (133Cal)
<b>Protein</b>	21.4g	7.6g
<b>Fat, Total</b>	6.0g	2.1g
<b>- Saturated</b>	1.6g	0.6g
<b>Carbohydrate</b>	55.4g	19.8g
<b>- Sugars</b>	22.1g	7.9g
<b>Dietary Fibre</b>	4.7g	1.7g
<b>Sodium</b>	797mg	285mg

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

Made in Australia

## 762 Chicken Satay

**Ingredients:** Rice, Chicken (18%), Carrot, Cauliflower, Beans, Coconut Flavoured Evaporated Milk (Milk, Flavour, Vegetable Gum (Carrageenan)), 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

	<b>per serving</b>	<b>per 100g</b>
<b>Energy</b>	1560kJ (374Cal)	489kJ (117Cal)
<b>Protein</b>	23.7g	7.4g
<b>Fat, Total</b>	9.9g	3.1g
<b>- Saturated</b>	2.8g	0.9g
<b>Carbohydrate</b>	44.8g	14.0g
<b>- Sugars</b>	16.4g	5.1g
<b>Dietary Fibre</b>	4.4g	1.4g
<b>Sodium</b>	408mg	127mg

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

Made in Australia

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