



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 | 1600kJ (381Cal) | 446kJ (106Cal) |
| Protein | 25.8g | 7.2g |
| Fat, Total | 7.4g | 2.1g |
| - Saturated | 3.0g | 0.8g |
| Carbohydrate | 49.9g | 13.9g |
| - Sugars | 10.1g | 2.8g |
| Dietary Fibre | 4.4g | 1.2g |
| Sodium | 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, Paprika 80, Pepper

Serving Size: 275g

| | per serving | per 100g |
|----------------------|--------------------|-------------------|
| Energy | 1390kJ (332Cal) | 505kJ (121Cal) |
| Protein | 29.0g | 10.5g |
| Fat, Total | 8.4g | 3.1g |
| - Saturated | 4.6g | 1.7g |
| Carbohydrate | 33.6g | 12.2g |
| - Sugars | 9.1g | 3.3g |
| Dietary Fibre | 2.1g | 0.8g |
| Sodium | 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 |
|----------------------|--------------------|-------------------|
| 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, 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 |
|----------------------|--------------------|-------------------|
| Energy | 1740kJ (415Cal) | 507kJ (121Cal) |
| Protein | 28.1g | 8.2g |
| Fat, Total | 7.6g | 2.2g |
| - Saturated | 4.6g | 1.4g |
| Carbohydrate | 56.4g | 16.4g |
| - Sugars | 8.6g | 2.5g |
| Dietary Fibre | 2.4g | 0.7g |
| Sodium | 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 |
|----------------------|--------------------|-------------------|
| Energy | 1370kJ (327Cal) | 456kJ (109Cal) |
| Protein | 19.8g | 6.6g |
| Fat, Total | 7.8g | 2.6g |
| - Saturated | 2.0g | 0.7g |
| Carbohydrate | 41.8g | 13.9g |
| - Sugars | 18.6g | 6.2g |
| Dietary Fibre | 4.9g | 1.6g |
| Sodium | 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 |
|----------------------|--------------------|------------------|
| 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 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 |
|----------------------|--------------------|-------------------|
| Energy | 1550kJ (371Cal) | 555kJ (133Cal) |
| Protein | 21.4g | 7.6g |
| Fat, Total | 6.0g | 2.1g |
| - Saturated | 1.6g | 0.6g |
| Carbohydrate | 55.1g | 19.7g |
| - Sugars | 22.7g | 8.1g |
| Dietary Fibre | 4.7g | 1.7g |
| Sodium | 674mg | 241mg |

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 | 1560kJ (374Cal) | 489kJ (117Cal) |
| Protein | 23.7g | 7.4g |
| Fat, Total | 9.9g | 3.1g |
| - Saturated | 2.8g | 0.9g |
| Carbohydrate | 44.8g | 14.0g |
| - Sugars | 16.4g | 5.1g |
| Dietary Fibre | 4.4g | 1.4g |
| Sodium | 408mg | 127mg |

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

Made in Australia

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