



Dessert 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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653 Apricot Pudding

Ingredients: Apricot (47%), Water, Golden Syrup, Sugar, Egg, Flour (Contains Raising Agents (339, 341, 450, 500)), Milk Powder, Bran, Margarine, Modified Starch (1442), Raising Agent (500), Vanilla Essence, Salt, Colour (Carotene)

Serving Size: 165g

	per serving	per 100g
Energy	745kJ (178Cal)	452kJ (108Cal)
Protein	3.9g	2.4g
Fat, Total	2.2g	1.3g
- Saturated	0.8g	0.5g
Carbohydrate	35.2g	21.3g
- Sugars	25.6g	15.5g
Dietary Fibre	3.9g	2.4g
Sodium	206mg	125mg

CONTAINS: Wheat, Egg, Milk

655 Rice Pudding

Ingredients: Water, Rice (29%), Sugar, Cream (Gelatine, Vegetable Gum (407a), Emulsifier (471)), Milk Powder, Modified Starch (1442), Vanilla Essence, Spices, Salt

Serving Size: 176g

	per serving	per 100g
Energy	853kJ (204Cal)	485kJ (116Cal)
Protein	4.3g	2.5g
Fat, Total	3.6g	2.1g
- Saturated	2.3g	1.3g
Carbohydrate	36.2g	20.6g
- Sugars	17.6g	10.0g
Dietary Fibre	0.7g	0.4g
Sodium	118mg	67mg

CONTAINS: Milk

682 Apple Crumble

Ingredients: Apple (48%), Water, Sugar, Sultanas, Flour (Contains Raising Agents (339, 341, 450, 500)), Milk Powder, Oats, Margarine, Modified Starch (1442), Coconut, Vanilla Essence, Spices, Salt, Colour (Carotene)

Serving Size: 165g

	per serving	per 100g
Energy	799kJ (191Cal)	484kJ (116Cal)
Protein	3.6g	2.2g
Fat, Total	2.2g	1.3g
- Saturated	1.0g	0.6g
Carbohydrate	38.4g	23.3g
- Sugars	27.7g	16.8g
Dietary Fibre	2.1g	1.3g
Sodium	113mg	69mg

CONTAINS: Wheat, Oats, Milk

687 Raspberry Apple Crumble

Ingredients: Water, Apple (25%), Raspberries (12%), Sugar, Milk Powder, Flour (Contains Raising Agents (339, 341, 450, 500)), Modified Starch (1442, 1422), Oats, Margarine, Sultanas, Coconut, Vanilla Essence, Spices, Salt, Colour (Carotene)

Serving Size: 165g

	per serving	per 100g
Energy	840kJ (201Cal)	509kJ (122Cal)
Protein	3.9g	2.4g
Fat, Total	2.3g	1.4g
- Saturated	1.0g	0.6g
Carbohydrate	39.2g	23.7g
- Sugars	27.4g	16.6g
Dietary Fibre	2.5g	1.5g
Sodium	121mg	73mg

CONTAINS: Wheat, Oats, Milk

