

Extras
Ingredient List

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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 individual products.

The information is set out in the format outlined by the Food Standards Code.

To find out more information about the new food labelling requirements visit the web site:
www.foodstandards.gov.au

Or if you want some useful information about nutrition or dietary guidelines visit:
www.NutritionAustralia.org or
www.health.gov.au

ALLERGEN WARNING
FOOD IN THIS PACK MAY
CONTAIN GLUTEN, MILK, NUTS,
EGG, SOYBEAN, SULPHITES,
FISH OR CRUSTACEA.

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901 Pea & Ham Soup

Ingredients: Water, Green Split Peas 12%, Carrots, Bacon 3% (Contains Mineral Salt (451, 450, 452), Preservative (250)), Onions, Celery, Booster (Contains Flavour Enhancers (627, 631), Food Acid (330)), Salt, Crushed Garlic, Sugar, Flavour (Contains Flavour Enhancers (621, 627, 631)), Seasoning (Contains Food Acid (330)), Olive Oil.

Serving size 270g

	per serving	per 100g
Energy	596kJ (142Cal)	221kJ (53Cal)
Protein	10.8g	4g
Fat, Total	2.1g	less than 1g
Saturated	less than 1g	less than 1g
Carbohydrate	18g	6.6g
Sugars	2.7g	1g
Sodium	806mg	299mg

906 Pumpkin Soup

Ingredients: Pumpkin 50%, Water, Evaporated Milk (Contains Vegetable Gum (407)), Cream (Contains Vegetable Gum (407a), Emulsifier (471)), Salt, Thickener (1422), Yeast Extract, Roast Onion Extract..

Serving size 270g

	per serving	per 100g
Energy	330kJ (79Cal)	122kJ (29Cal)
Protein	3.8g	1.4g
Fat, Total	2g	less than 1g
Saturated	1.4g	less than 1g
Carbohydrate	10.7g	4g
Sugars	6.7g	2.5g
Sodium	910mg	337mg

908 Chicken Noodle Soup

Ingredients: Poultry Stock, Cooked Pasta 9% (Water, Durum Wheat Semolina), Cooked Chicken 9%, Leeks, Celery, Onion, Carrots, Salt, Roast Onion Extract, Butter, Yeast Extract, Sugar, Spices.

Serving size 250g

	per serving	per 100g
Energy	459kJ (110Cal)	183kJ (44Cal)
Protein	8.9g	3.6g
Fat, Total	2.6g	1g
Saturated	less than 1g	less than 1g
Carbohydrate	11.5g	4.6g
Sugars	4.7g	1.9g
Sodium	520mg	208mg

910 Tomato Soup

Ingredients: Water, Tomatoes 35% (Diced Peeled Tomatoes, Water, Tomato Puree, Salt, Food Acid (330), Mineral Salt (509)), Tomato Paste, 11%, Evaporated Milk (Skim Milk, Milk, Vegetable Gum (407)), Cream (Contains Vegetable Gum (407a), Emulsifier (471)), Sugar, Salt, Roast Onion Extract, Garlic Extract, Yeast Extract, Spices.

Serving size 250g

	per serving	per 100g
Energy	457kJ (109Cal)	183kJ (44Cal)
Protein	4g	1.6g
Fat, Total	3.6g	1.4g
Saturated	2.2g	less than 1g
Carbohydrate	15.7g	6.3g
Sugars	13.4g	5.4g
Sodium	1,170mg	470mg

928 Asian Pumpkin Soup

Ingredients: Pumpkin 39%, Sweet Potato, Coconut Flavoured Evaporated Milk (Skim Milk, Milk, Coconut Flavour, Evaporated Milk, Vegetable Gum (407)), Onions, Skim Milk, Herbs, Salt, Garlic, Spices, Curry Paste, Canola Oil.

Serving size 270g

	per serving	per 100g
Energy	461kJ (110Cal)	171kJ (41Cal)
Protein	5.8g	2.2g
Fat, Total	2.0g	less than 1g
Saturated	less than 1g	less than 1g
Carbohydrate	16.1g	6.0g
Sugars	9.5g	3.5g
Sodium	478mg	177mg

518 Chicken Pasta Bake

Ingredients: Water, Cooked Pasta 27% (Water, Durum Wheat Semolina), Chicken 16% (Chicken, Whey Protein, Maize Starch, Salt, Chicken Flavour, Mineral Salts (450, 451, 452, 508), Vegetable Gum (407), Antioxidant (307), Vegetable Oil, Water), Carrots, Onions, Peas, Milk Solids, Cheese, Thickener (1442), Maltodextrin, Spices, Parmesan Cheese, Salt, Herbs, Yeast Extract.

Serving size 251g

	per serving	per 100g
Energy	884kJ (211Cal)	352.2kJ (84.1Cal)
Protein	16.6g	6.6g
Fat, Total	2.6g	1g
Saturated	1.3g	less than 1g
Carbohydrate	28.3g	11.3g
Sugars	4.9g	2g
Sodium	609mg	242.6mg

513 Pasta Carbonara

Ingredients: Cooked Pasta 41% (Water, Durum Wheat Semolina), Water, Bacon 9% (Pork, Water, Salt, Mineral Salts (451, 452), Sugar (Dextrose, Raw Sugar, Honey, Maltodextrin), Antioxidant (316), Flavour (Natural), Sodium Nitrite (250)), Onions, Mushrooms, Skim Milk, Egg, Milk Solids, Parmesan Cheese, Thickener (1442), Cheese, Herbs, Salt, Prepared Mustard (Contains Food Acids (260, 330)), Yeast Extract, Roast Onion Extract, Spices.

Serving size 208g

	per serving	per 100g
Energy	908kJ (217Cal)	416kJ (100Cal)
Protein	15.4g	7.0g
Fat, Total	3.1g	1.4g
Saturated	1.3g	less than 1g
Carbohydrate	30.3g	13.9g
Sugars	5.0g	2.3g
Sodium	570mg	261mg

519 Baked Potato Bolognese

Ingredients: Potatoes 45%, Water, Tomatoes (Tomatoes, Salt), Food Acid (330), Tomatoes (Diced Peeled Tomatoes, Water, Tomato Puree, Salt, Food Acid (330), Mineral Salt (509)), Beef Mince 7%, Onions, Skim Milk, Milk Solids, Parmesan Cheese, Tomato Paste, Thickener (1442), Salt, Crushed Garlic, Thickener (1422), Sugar, Roast Onion Extract, Cheese, Yeast Extract, Herbs, Prepared Mustard (Contains Food Acids (260, 330)), Olive Oil, Spices.

Serving size 309g

	per serving	per 100g
Energy	855kJ (204Cal)	276kJ (66Cal)
Protein	12.9g	4.2g
Fat, Total	3.0g	1g
Saturated	1.3g	less than 1g
Carbohydrate	29.2g	9.5g
Sugars	8.2g	2.7g
Sodium	849mg	275mg

523 Vietnamese Rice Bowl

Ingredients: Cooked Rice 42% (Water, Rice), Capsicum, Cooked Chicken, Onion, Carrot, Honey, Hoi Sin Sauce (Contains Colour (150c), Food Acid (260), Colour (129)), Snow Peas, Soy Sauce, Chilli Sauce, Crushed Garlic, Sesame Oil, Crushed Chilli, Colour (150c).

Serving size 205g

	per serving	per 100g
Energy	1040kJ (248Cal)	507kJ (121Cal)
Protein	8.2g	4.0g
Fat, Total	3.4g	1.7g
Saturated	less than 1g	less than 1g
Carbohydrate	43.7g	21.3g
Sugars	16.0g	7.8g
Sodium	678mg	331mg

527 Savoury Mince Rice Bowl

Ingredients: Cooked Rice 25% (Water, Rice), Beef Mince 20%, Onions, Capsicum, Peas, Mushrooms, Corn, Tomatoes (Contains Food Acid (330)), Celery, Carrots, Water, Crushed Garlic, Yeast Extract, Corn Starch, Sugar, Salt, Olive Oil, Spices.

Serving size 255g

	per serving	per 100g
Energy	940kJ (225Cal)	369kJ (88Cal)
Protein	15.8g	6.2g
Fat, Total	4.5g	1.8g
Saturated	1.7g	less than 1g
Carbohydrate	27.9g	10.9g
Sugars	5.5g	2.2g
Sodium	452mg	177mg

526 Fettuccine Bolognese

Ingredients: Cooked Pasta 37% (Water, Durum Wheat Semolina), Tomatoes (Tomatoes, Salt, Food Acid (330)), Tomatoes (Diced Peeled Tomatoes, Water, Tomato Puree, Salt, Food Acid (330), Mineral Salt (509)), Beef Mince 10%, Carrots, Onions, Sweet Potato, Parmesan Cheese, Tomato Paste, Water, Sugar, Thickener (1422), Crushed Garlic, Salt, Booster (Contains Flavour Enhancers (627, 631), Food Acid (330)), Olive Oil, Herbs.

Serving size 273g

	per serving	per 100g
Energy	997kJ (238Cal)	365kJ (87Cal)
Protein	12.7g	4.7g
Fat, Total	3.2g	1.2g
Saturated	1.3g	less than 1g
Carbohydrate	36.9g	13.5g
Sugars	8.4g	3.1g
Sodium	576mg	211mg

537 Hokkien Stir Fry Noodle

Ingredients: Cooked Noodles 26% (Wheat Flour, Water, Gluten, Colour (101, 110), Preservative (202)), Cooked Chicken, Carrots, Beans, Choy Sum, Cabbage, Shallots, Oyster Sauce (Contains Flavour Enhancer (621), Colour (150c)), Onions, Poultry Stock, Capsicum, Soy Sauce, Water, Thickener (1422), Sugar, Olive Oil, Crushed Garlic, Salt, Spices.

Serving size 225g

	per serving	per 100g
Energy	915kJ (219Cal)	407kJ (97Cal)
Protein	16.3g	7.2g
Fat, Total	3.4g	1.5g
Saturated	less than 1g	less than 1g
Carbohydrate	28.9g	12.8g
Sugars	6.8g	3g
Sodium	668mg	297mg

544 Chicken & Vegetable Curry

Ingredients: Water, Sweet Potato 17%, Cooked Chicken 14%, Cooked Chickpeas (Water, Chickpeas), Cauliflower 10%, Tomatoes 5%, Beans 4.5%, Capsicum 3.5%, Green Lentils, Milk Solids, Herbs, Thickener (1442), Salt, Curry Powder, Lemon Juice, Maltodextrin, Spices, Yeast Extract.

Serving size 290g

	per serving	per 100g
Energy	891kJ (213Cal)	307kJ (73Cal)
Protein	16.2g	5.6g
Fat, Total	5.0g	1.7g
Saturated	1.5g	less than 1g
Carbohydrate	23.7g	8.2g
Sugars	7.5g	2.6g
Sodium	576mg	199mg

696 Rice Pudding

Ingredients: Water, Cooked Rice 29% (Water, Rice), Sugar, Cream (Cream, Gelatin, Vegetable Gum (407a), Emulsifier (471)), Milk Solids, Thickener (1442), Vanilla Essence, Salt, Spices.

ALLERGENS: CONTAINS MILK PRODUCTS

Serving size 175g (1 package)

	per serving	per 100g
Energy	866kJ (207Cal)	495kJ (118Cal)
Protein	4.9g	2.8g
Fat, Total	3.9g	2.3g
Saturated	2.4g	1.4g
Carbohydrate	37.0g	21.2g
Sugars	17.4g	10.0g
Sodium	105mg	60mg

697 Apricot Pudding

Ingredients: Apricots 40%, Water, Golden Syrup, Apricot Puree 6%, Sugar, Self Raising Flour (Contains Raising Agents (339, 341, 450, 500)), Egg, Milk Solids, Wheat Bran, Margarine, Thickener (1442), Sodium Bicarbonate (500), Vanilla Essence, Salt, Colour (160a).

ALLERGENS: CONTAINS GLUTEN, EGGS & MILK PRODUCTS

Serving size 170g (1 package)

	per serving	per 100g
Energy	821kJ (196Cal)	483kJ (115Cal)
Protein	4.6g	2.7g
Fat, Total	2.6g	1.6g
Saturated	less than 1g	less than 1g
Carbohydrate	37.9g	22.3g
Sugars	27.0g	15.9g
Sodium	240mg	141mg

694 Apple Crumble

Ingredients: Apple 45%, Water, Sugar, Self Raising Flour (Contains Raising Agents (339, 341, 450, 500)), Sultanas, Milk Solids, Margarine, Oats, Thickener (1442), Coconut, Vanilla Essence, Spices, Salt, Colour (160a).

ALLERGENS: CONTAINS GLUTEN & MILK PRODUCTS

Serving size 165g (1 package)

	per serving	per 100g
Energy	794kJ (190Cal)	481kJ (115Cal)
Protein	3.5g	2.1g
Fat, Total	2.6g	1.6g
Saturated	less than 1g	less than 1g
Carbohydrate	37.5g	22.7g
Sugars	24.8g	15.0g
Sodium	105mg	64mg

695 Raspberry & Apple Crumble

Ingredients: Water, Apple 24%, Raspberries 13%, Sugar, Self Raising Flour (Contains Raising Agents (339,341,450,500)), Milk Solids, Margarine, Oats, Thickener (1442), Sultanas, Thickener (1422), Coconut, Vanilla Essence, Spices, Salt, Colour (160a).

ALLERGENS: CONTAINS GLUTEN & MILK PRODUCTS

Serving size 165g (1 package)

	per serving	per 100g
Energy	831kJ (199Cal)	504kJ (120Cal)
Protein	4.0g	2.4g
Fat, Total	2.7g	1.6g
Saturated	less than 1g	less than 1g
Carbohydrate	38.5g	23.3g
Sugars	25.6g	15.5g
Sodium	110mg	67mg

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