



Meals in a Bowl 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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504 Chicken Spaghetti

Ingredients: Pasta (44%), Tomato, Chicken (5%), Onion, Parmesan, Carrot, Tomato Paste, Sugar, Garlic, Salt, Yeast Extract, Modified Starch (1422), Spices, Olive Oil, Herbs

Serving Size: 275g

	per serving	per 100g
Energy	988kJ (236Cal)	359kJ (86Cal)
Protein	12.4g	4.5g
Fat, Total	3.9g	1.4g
- Saturated	1.3g	0.5g
Carbohydrate	35.6g	13.0g
- Sugars	6.6g	2.4g
Dietary Fibre	3.7g	1.4g
Sodium	418mg	152mg

CONTAINS: Wheat, Milk

MAY CONTAIN: Egg

513 Pasta Carbonara

Ingredients: Pasta (44%), Water, Bacon (8%) (Pork, Acidity Regulator (451, 500), Stabiliser (452), Antioxidant (316), Preservative (250), Honey, Flavour), Onion, Mushroom, Evaporated Milk, Milk Powder, Egg, Parmesan, Modified Starch (1442), Cheese, Herbs, Salt, Dijon Mustard, Yeast Extract, Onion Extract, Spices

Serving Size: 218g

	per serving	per 100g
Energy	941kJ (225Cal)	431kJ (103Cal)
Protein	15.5g	7.1g
Fat, Total	3.8g	1.7g
- Saturated	1.5g	0.7g
Carbohydrate	30.6g	14.0g
- Sugars	5.3g	2.5g
Dietary Fibre	2.3g	1.1g
Sodium	500mg	229mg

CONTAINS: Wheat, Egg, Milk

519 Baked Potato Bolognese

Ingredients: Potatoes (48%), Water, Tomato, Beef (12%), Onion, Evaporated Milk, Milk Powder, Parmesan, Modified Starch (1442, 1422), Tomato Paste, Salt, Garlic, Sugar, Cheese, Onion Extract, Yeast Extract, Dijon Mustard, Herbs, Olive Oil, Spices

Serving Size: 309g

	per serving	per 100g
Energy	902kJ (216Cal)	292kJ (70Cal)
Protein	15.4g	5.0g
Fat, Total	3.5g	1.1g
- Saturated	1.3g	0.4g
Carbohydrate	28.1g	9.1g
- Sugars	6.4g	2.1g
Dietary Fibre	4.3g	1.4g
Sodium	520mg	168mg

CONTAINS: Milk, Sulphites

MAY CONTAIN: Egg

524 Asian Rice Bowl

Ingredients: Rice (35%), Chicken (12%), Capsicum, Broccoli, Mushroom, Water, Chicken Stock, Sweet Soy Sauce, Oyster Sauce (Contains Flavour Enhancer (621), Colour (150c)), Corn Flour, Garlic, Sherry, Sesame Oil, Light Soy Sauce, Sugar, Ginger, Raising Agent (500), Spices

Serving Size: 255g

	per serving	per 100g
Energy	981kJ (234Cal)	385kJ (92Cal)
Protein	11.8g	4.6g
Fat, Total	3.8g	1.5g
- Saturated	1.0g	0.4g
Carbohydrate	36.2g	14.2g
- Sugars	8.0g	3.1g
Dietary Fibre	3.4g	1.3g
Sodium	656mg	257mg

CONTAINS: Wheat, Fish, Soybean, Sesame Seeds

526 Fettuccine Bolognese

Ingredients: Tomato, Pasta (35%), Beef (20%), Onion, Tomato Paste, Parmesan, Garlic, Sugar, Modified Starch (1422), Salt, Yeast Extract, Herbs, Olive Oil, Spices

Serving Size: 268g

	per serving	per 100g
Energy	1010kJ (241Cal)	377kJ (90Cal)
Protein	18.8g	7.0g
Fat, Total	4.3g	1.6g
- Saturated	1.6g	0.6g
Carbohydrate	29.7g	11.1g
- Sugars	6.2g	2.3g
Dietary Fibre	3.3g	1.3g
Sodium	374mg	140mg

CONTAINS: Wheat, Milk

MAY CONTAIN: Egg

537 Hokkien Stir Fry Noodles

Ingredients: Hokkien Noodles (26%) (Flour, Water, Gluten, Colours (101, 110), Preservative (202)), Chicken (16%), Beans, Carrot, Choy Sum, Cabbage, Capsicum, Shallots, Oyster Sauce (Contains Flavour Enhancer (621), Colour (150c)), Onion, Chicken Stock, Soy Sauce, Modified Starch (1422), Sugar, Olive Oil, Garlic, Salt, Spices

Serving Size: 227g

	per serving	per 100g
Energy	865kJ (207Cal)	381kJ (91Cal)
Protein	15.3g	6.7g
Fat, Total	5.0g	2.2g
- Saturated	1.4g	0.6g
Carbohydrate	23.9g	10.5g
- Sugars	6.5g	2.9g
Dietary Fibre	3.2g	1.4g
Sodium	874mg	385mg

CONTAINS: Wheat, Fish, Soybean

568 Roast Chicken Linguine

Ingredients: Mushroom, Pasta (25%), Chicken (17%), Tomato, Onion, Capsicum, Cream (Contains Vegetable Gum (407a), Emulsifier (471)), Semi Dried Tomatoes, Sugar, Garlic, Olive Oil, Herbs, Modified Starch (1422), Balsamic Vinegar (Contains Colour (150d)), Salt, Spices

Serving Size: 240g

	per serving	per 100g
Energy	946kJ (226Cal)	394kJ (94Cal)
Protein	16.1g	6.7g
Fat, Total	8.4g	3.5g
- Saturated	3.2g	1.3g
Carbohydrate	20.9g	8.7g
- Sugars	5.5g	2.3g
Dietary Fibre	3.7g	1.5g
Sodium	286mg	119mg

CONTAINS: Wheat, Milk

582 Chicken and Vegetable Risotto

Ingredients: Chicken Stock, Chicken (16%), Pumpkin, Peas, Mushroom, Rice (10%), Onion, Cauliflower, Wine, Cream (Contains Vegetable Gum (407a), Emulsifier (471)), Olive Oil, Parmesan, Garlic, Salt, Yeast Extract, Spices, Herbs

Serving Size: 250g

	per serving	per 100g
Energy	991kJ (237Cal)	396kJ (95Cal)
Protein	19.3g	7.7g
Fat, Total	5.6g	2.3g
- Saturated	1.9g	0.8g
Carbohydrate	24.5g	9.8g
- Sugars	2.9g	1.2g
Dietary Fibre	4.8g	1.9g
Sodium	511mg	204mg

CONTAINS: Milk

MAY CONTAIN: Egg

