

Mini Meals Ingredient List

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Although Lite n' Easy has done all the hard work for you in developing and analysing your Mini 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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750 Chicken Spaghetti Bolognaise

Ingredients: Cooked Pasta 36%, (Water, Durum Wheat Semolina), Tomatoes (Tomatoes, Salt), Tomatoes (Diced Peeled Tomatoes, Water, Tomato Puree, Salt, Food Acid (330), Mineral Salt (509)), Cooked Chicken 15%, Onions, Carrots, Parmesan Cheese, Tomato Paste, Sugar, Salt, Crushed Garlic, Water, Roast Onion Extract, Yeast Extract, Thickener (1422), Olive Oil, Herbs.

Serving size 358g

	per serving	per 100g
Energy	1,430kJ (341Cal)	399kJ (95Cal)
Protein	25.8g	7.2g
Fat, Total	6.7g	1.9g
Saturated	2.6g	1g
Carbohydrate	42.1g	11.8g
Sugars	8.7g	2.4g
Sodium	995mg	278mg

751 Beef Lasagne

Ingredients: Tomatoes (Tomatoes, Salt, Food Acid (330), Tomatoes (Diced Peeled Tomatoes, Water, Tomato Puree, Salt, Food Acid (330), Mineral Salt (509)), Water, Cooked Pasta 11% (Water, Durum Wheat Semolina, Egg Powder, Gluten), Beef Mince 10%, Cheese, Onions, Carrots, Milk Solids, Sweet Potato, Thickener (1422), Tomato Paste, Sugar, Thickener (1442), Maltodextrin, Salt, Crushed Garlic, Yeast Extract, Olive Oil, Roast Onion Extract, Herbs, Spices.

Serving size 317g

	per serving	per 100g
Energy	1,350kJ (322Cal)	425kJ (101Cal)
Protein	21.5g	6.8g
Fat, Total	7.6g	2.4g
Saturated	4g	1.3g
Carbohydrate	39.5g	12.4g
Sugars	17g	5.4g
Sodium	976mg	308mg

752 Fried Rice with BBQ Chicken

Ingredients: Cooked Rice 43% (Water, Rice), Cooked Chicken 21%, Poultry Stock, Peas, Carrots, Corn, Ham (Contains Mineral Salts (508, 450, 451, 452, 500), Antioxidant (316), Preservative (250), Vegetable Gum (415)), Oyster Sauce (Contains Flavour Enhancer (621), Colour (150c)), Onions, Egg, Shallots, Capsicum, Soy Sauce, Sugar, Water, Soy Sauce, Thickener (1422), Sesame Oil, Crushed Garlic, Chilli Sauce, Olive Oil, Spices.

Serving size 290g

	per serving	per 100g
Energy	1,450kJ (348Cal)	502kJ (120Cal)
Protein	24.4g	8.4g
Fat, Total	6.9g	2.4g
Saturated	2g	1g
Carbohydrate	44.9g	15.5g
Sugars	6.4g	2.2g
Sodium	900mg	310mg

753 Macaroni Cheese with Ham

Ingredients: Cooked Pasta 41% (Water, Durum Wheat Semolina), Water, Ham 11% (Pork Leg, Water, Salt, Mineral Salts (508, 450, 452, 500), Maltodextrin (Maize), Dehydrated Pork Protein, Sugar, Dextrose, Antioxidant (316), Flavours (Milk), Preservative (250), Vegetable Gum (415)), Sweet Potato, Parmesan Cheese 4%, Skim Milk, Cheese 3%, Milk Solids, Onions, Thickener (1422), Maltodextrin, Salt, Prepared Mustard, (Contains Food Acid (260)), Yeast Extract, Roast Onion Extract.

Serving size 343g

	per serving	per 100g
Energy	1,500kJ (357Cal)	436kJ (104Cal)
Protein	24.5g	7.2g
Fat, Total	6.9g	2g
Saturated	3.9g	1.2g
Carbohydrate	46.9g	13.7g
Sugars	7.9g	2.3g
Sodium	958mg	279mg

754 Spaghetti & Meatballs

Ingredients: Cooked Pasta 24% (Water, Durum Wheat Semolina), Beef Mince 16%, Water, Tomatoes (Diced Peeled Tomatoes, Water, Tomato Puree, Salt, Food Acid (330), Mineral Salt (509)), Tomatoes (Tomatoes, Salt, Food Acid (330)), Onions, Carrots, Tomato Paste, Cooked Rice, Egg, Breadcrumbs, Skim Milk, Sugar, Parmesan Cheese, Salt, Roast Onion Extract, Thickener (1422), Garlic Extract, Yeast Extract, Herbs.

Serving size 353g

	per serving	per 100g
Energy	1,530kJ (366Cal)	434kJ (104Cal)
Protein	23.8g	6.8g
Fat, Total	7.1g	2g
Saturated	2.9g	less than 1g
Carbohydrate	50.3g	14.2g
Sugars	8.6g	2.4g
Sodium	701mg	199mg

755 Honey Soy Stir Fry

Ingredients: Cooked Noodles (Wheat Flour, Water, Gluten, Colour (101, 110), Preservative (202)), Cooked Chicken 14%, Corn, Carrots, Celery, Broccoli, Poultry Stock, Capsicum, Honey 2.5%, Soy Sauce 2.5%, Soy Sauce 1.5%, Water, Oyster Sauce (Contains Flavour Enhancer (621), Colour (150c)), Thickener (1422), Crushed Garlic, Spices.

Serving size 300g

	per serving	per 100g
Energy	1,440kJ (345Cal)	481kJ (115Cal)
Protein	21g	7g
Fat, Total	6.9g	2.3g
Saturated	2.2g	less than 1g
Carbohydrate	47.2g	15.7g
Sugars	14.9g	5g
Sodium	704mg	235mg

756 Shepherd's Pie

Ingredients: Potatoes 31%, Beef Mince 16%, Beef Stock, Onions, Carrots, Celery, Skim Milk, Tomato Paste, Leeks, Breadcrumbs, Egg, Milk Solids, Butter, Water, Salt, Thickener (1422), Yeast Extract, Herbs, Spices.

Serving size 390g

	per serving	per 100g
Energy	1,330kJ (317Cal)	340kJ (81Cal)
Protein	25.6g	6.6g
Fat, Total	8g	2.1g
Saturated	3.7g	1g
Carbohydrate	32.7g	8.3g
Sugars	11.1g	2.9g
Sodium	967mg	248mg

758 Chicken Pie

Ingredients: Potatoes, Cooked Chicken 13%, Carrots, Onions, Peas, Poultry Stock, Water, Leeks, Celery, Skim Milk, Milk Solids, Cream (Contains Vegetable Gum (407a), Emulsifier (471)), Thickener (1422), Egg, Butter, Salt, Yeast Extract, Maltodextrin, Crushed Garlic, Sugar, Roast Onion Extract, Herbs, Spices.

Serving size 350g

	per serving	per 100g
Energy	1,240kJ (296Cal)	354kJ (84Cal)
Protein	26.6g	7.6g
Fat, Total	7.9g	2.3g
Saturated	3.9g	1.1g
Carbohydrate	26.3g	7.5g
Sugars	14.3g	4.1g
Sodium	798mg	228mg

759 Tuna Mornay

Ingredients: Water, Cooked Pasta (Water, Durum Wheat Semolina), Tuna 15% (Tuna, Salt), Peas, Corn, Cheese, Milk Solids, Wheat Flour, Butter, Salt, Spices.

Serving size 350g

	per serving	per 100g
Energy	1,500kJ (359Cal)	430kJ (103Cal)
Protein	30.7g	8.8g
Fat, Total	7.1g	2g
Saturated	3.7g	1.1g
Carbohydrate	40.1g	11.5g
Sugars	7.7g	2.2g
Sodium	458mg	131mg

761 Nasi Goreng with Thai Chicken Balls

Ingredients: Cooked Rice (Water, Rice), Cooked Chicken 19%, Onions, Peas, Carrots, Plum Sauce, Water, Egg, Bacon (Contains Mineral Salts (451, 452), Sodium Nitrite (250)), Apricot Puree, Leeks, Corn, Cabbage, Capsicum, Sugar, Breadcrumbs, Chilli Sauce, Herbs, Soy Sauce, Fish Sauce, Lime Juice, Crushed Garlic, Lemongrass, Olive Oil, Salt, Sambal Oelek, Thickener (1422), Spices, Sesame Oil, Natural Flavour.

Serving size 280g

	per serving	per 100g
Energy	1,450kJ (347Cal)	519kJ (124Cal)
Protein	21.7g	7.8g
Fat, Total	6.4g	2.3g
Saturated	1.7g	0.6g
Carbohydrate	48.6g	17.3g
Sugars	22.2g	7.9g
Sodium	803mg	287mg

760 Bolognese Pasta Bake

Ingredients: Cooked Pasta 26% (Water, Durum Wheat Semolina), Water, Tomatoes (Tomatoes, Salt, Food Acid (330)), Tomatoes (Diced Peeled Tomatoes, Water, Tomato Puree, Salt, Food Acid (330), Mineral Salt (509)), Beef Mince 10%, Onions, Milk Solids, Cheese, Wheat Flour, Tomato Paste, Crushed Garlic, Butter, Salt, Sugar, Thickener (1422), Roast Onion Extract, Wheat Bran, Yeast Extract, Herbs, Spices, Olive Oil.

Serving size 385g

	per serving	per 100g
Energy	1,370kJ (326Cal)	355kJ (85Cal)
Protein	20.7g	5.4g
Fat, Total	6.3g	1.7g
Saturated	3.1g	less than 1g
Carbohydrate	44.2g	11.5g
Sugars	10.8g	2.8g
Sodium	768mg	200mg

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