



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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750 Chicken Spaghetti Bolognese

Ingredients: Pasta (36%) (Water, Durum Wheat Semolina), 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	1520kJ (364Cal)	426kJ (102Cal)
Protein	25.6g	7.1g
Fat, Total	7.7g	2.2g
- Saturated	2.9g	0.8g
Carbohydrate	46.2g	12.9g
- Sugars	8.5g	2.4g
Dietary Fibre	4.1g	1.2g
Sodium	801mg	224mg

CONTAINS: Wheat, Milk

MAY CONTAIN: Egg

751 Beef Lasagne

Ingredients: Tomato, Pasta (13%) (Flour, Egg), Beef (12%), Cheese (Anti-Caking Agent (460), Preservative (200)), Onion, Carrot, Sweet Potato, Milk Powder, Modified Starch (1422, 1442), Tomato Paste, Sugar, Maltodextrin, Salt, Garlic, Yeast Extract, Olive Oil, Onion Extract, Spices, Herbs

Serving Size: 317g

	per serving	per 100g
Energy	1390kJ (332Cal)	439kJ (105Cal)
Protein	22.4g	7.1g
Fat, Total	7.3g	2.3g
- Saturated	3.6g	1.1g
Carbohydrate	42.0g	13.3g
- Sugars	14.5g	4.6g
Dietary Fibre	3.3g	1.0g
Sodium	693mg	218mg

CONTAINS: Wheat, Egg, Milk

752 Fried Rice with BBQ Chicken

Ingredients: Rice (42%), Chicken (22%), Carrot, Chicken Stock, Ham (Contains Mineral Salts (451, 450), Vegetable Gum (407), Antioxidant (316), Preservative (250)), Peas, Corn, Oyster Sauce (Contains Flavour Enhancer (621), Colour (150c)), Onion, Egg, Shallots, Capsicum, Soy Sauce, Sugar, Sweet Soy Sauce, Modified Starch (1422), Garlic, Sesame Oil, Sweet Chilli Sauce, Olive Oil, Spices

Serving Size: 290g

	per serving	per 100g
Energy	1440kJ (345Cal)	498kJ (119Cal)
Protein	25.0g	8.6g
Fat, Total	6.3g	2.2g
- Saturated	1.7g	0.6g
Carbohydrate	45.2g	15.6g
- Sugars	7.4g	2.5g
Dietary Fibre	3.0g	1.0g
Sodium	900mg	310mg

CONTAINS: Wheat, Egg, Fish, Soybean, Sesame Seeds

753 Macaroni Cheese with Ham

Ingredients: Pasta (41%), Water, Ham (11%) (Pork, Water, Potato Starch, Dextrose (Maize), Salt, Mineral Salts (451, 450), Vegetable Gum (407), Sugar, Antioxidant (316), Hydrolysed Vegetable Protein, Preservative (250)), Sweet Potato, Parmesan, Evaporated Milk, Cheese, Milk Powder, Onion, Modified Starch (1422), Maltodextrin, Salt, Dijon Mustard, Yeast Extract, Onion Extract

Serving Size: 343g

	per serving	per 100g
Energy	1550kJ (370Cal)	452kJ (108Cal)
Protein	26.3g	7.7g
Fat, Total	6.9g	2.0g
- Saturated	4.0g	1.2g
Carbohydrate	48.0g	14.0g
- Sugars	9.1g	2.7g
Dietary Fibre	3.1g	0.9g
Sodium	801mg	234mg

CONTAINS: Wheat, Milk

MAY CONTAIN: Egg

754 Spaghetti & Meatballs

Ingredients: Pasta (28%) (Water, Durum Wheat Semolina), Beef (19%), Tomato, Water, Onion, Carrot, Tomato Paste, Rice, Egg, Breadcrumbs, Evaporated Milk, Parmesan, Sugar, Salt, Onion Extract, Modified Starch (1422), Garlic Extract, Yeast Extract, Herbs

Serving Size: 353g

	per serving	per 100g
Energy	1410kJ (338Cal)	401kJ (96Cal)
Protein	24.7g	7.0g
Fat, Total	5.7g	1.6g
- Saturated	2.4g	0.7g
Carbohydrate	45.5g	12.9g
- Sugars	8.7g	2.5g
Dietary Fibre	4.3g	1.2g
Sodium	698mg	198mg

CONTAINS: Wheat, Egg, Milk

755 Honey Soy Stir Fry

Ingredients: Hokkien Noodles (20%) (Flour, Water, Gluten, Colours (101, 110), Preservative (202)), Chicken, Corn, Carrot, Celery, Broccoli, Chicken Stock, Capsicum, Sweet Soy Sauce, Honey (2%), Soy Sauce (1%), Oyster Sauce (Contains Flavour Enhancer (621), Colour (150c)), Modified Starch (1422), Garlic, Herbs, Spices

Serving Size: 301g

	per serving	per 100g
Energy	1270kJ (303Cal)	422kJ (101Cal)
Protein	19.5g	6.5g
Fat, Total	5.9g	2.0g
- Saturated	1.7g	0.6g
Carbohydrate	41.4g	13.8g
- Sugars	17.0g	5.7g
Dietary Fibre	5.6g	1.9g
Sodium	581mg	193mg

CONTAINS: Wheat, Fish, Soybean

756 Shepherds Pie

Ingredients: Potato (28%), Beef (18%), Beef Stock, Onion, Carrot, Celery, Tomato Paste, Leek, Breadcrumbs, Evaporated Milk, Milk Powder, Egg, Butter, Salt, Modified Starch (1422), Yeast Extract, Herbs, Spices

Serving Size: 390g

	per serving	per 100g
Energy	1390kJ (332Cal)	357kJ (85Cal)
Protein	28.9g	7.4g
Fat, Total	7.1g	1.8g
- Saturated	3.4g	0.9g
Carbohydrate	34.7g	8.9g
- Sugars	10.8g	2.8g
Dietary Fibre	6.3g	1.6g
Sodium	1020mg	262mg

CONTAINS: Wheat, Egg, Milk

760 Bolognese Pasta Bake

Ingredients: Tomato, Pasta (29%), Water, Beef (11%), Onion, Milk Powder, Cheese, Flour, Tomato Paste, Garlic, Butter, Salt, Sugar, Modified Starch (1422), Onion Extract, Bran, Yeast Extract, Herbs, Spices, Olive Oil

Serving Size: 385g

	per serving	per 100g
Energy	1460kJ (348Cal)	378kJ (90Cal)
Protein	22.5g	5.8g
Fat, Total	6.2g	1.6g
- Saturated	3.1g	0.8g
Carbohydrate	49.3g	12.8g
- Sugars	11.7g	3.0g
Dietary Fibre	5.1g	1.3g
Sodium	813mg	211mg

CONTAINS: Wheat, Milk

761 Nasi Goreng

Ingredients: Rice (21%), Chicken (16%), Onion, Carrot, Peas, Plum Sauce (Contains Colour (150c)), Bacon (Contains Mineral Salts (451, 500, 452), Preservatives (316, 250)), Egg, Breadcrumbs, Apricot, Leek, Cabbage, Capsicum, Corn, Sugar, Sweet Chilli Sauce, Herbs, Sweet Soy Sauce, Fish Sauce, Garlic, Lime Juice, Olive Oil, Modified Starch (1422), Lemongrass, Salt, Chilli, Spices, Sesame Oil, Kaffir Lime Leaves

Serving Size: 280g

	per serving	per 100g
Energy	1470kJ (352Cal)	526kJ (126Cal)
Protein	20.8g	7.4g
Fat, Total	6.0g	2.2g
- Saturated	1.6g	0.6g
Carbohydrate	50.4g	18.0g
- Sugars	22.4g	8.0g
Dietary Fibre	4.9g	1.7g
Sodium	768mg	274mg

CONTAINS: Wheat, Egg, Fish, Soybean, Sesame Seeds

762 Chicken Satay

Ingredients: Rice, Chicken (17%), Carrot, Cauliflower, Beans, Coconut Flavoured Evaporated Milk (Vegetable Gum (407)), Chicken Stock, Sweet Soy Sauce, Peanuts (1.5%), Honey, Lemon Juice, Modified Starch (1442), Sugar, Ginger, Garlic, Soy Sauce (Contains Colour (150a)), Tomato Sauce, Spices, Salt, Peanut Oil, Flavour, Chilli

Serving Size: 320g

	per serving	per 100g
Energy	1440kJ (344Cal)	449kJ (107Cal)
Protein	21.4g	6.7g
Fat, Total	9.2g	2.9g
- Saturated	2.6g	0.8g
Carbohydrate	41.1g	12.8g
- Sugars	16.0g	5.0g
Dietary Fibre	4.8g	1.5g
Sodium	472mg	147mg

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

763 Beef Curry and Rice

Ingredients: Tomato, Rice (26%), Beef (23%), Onion, Peas, Spices, Sunflower Oil, Garlic, Modified Starch (1422), Ginger, Salt, Sugar, Herbs, Chilli

Serving Size: 350g

	per serving	per 100g
Energy	1270kJ (304Cal)	364kJ (87Cal)
Protein	25.2g	7.2g
Fat, Total	5.7g	1.6g
- Saturated	1.1g	0.3g
Carbohydrate	34.9g	10.0g
- Sugars	7.7g	2.2g
Dietary Fibre	5.6g	1.6g
Sodium	432mg	124mg

764 Chilli Con Carne Wedges

Ingredients: Potatoes (27%), Tomato, Beef (19%), Kidney Beans (9%), Onion, Capsicum, Celery, Tomato Paste, Corn, Parmesan, Garlic, Seasoning, Chilli, Sugar, Spices, Sunflower Oil, Modified Starch (1422), Salt, Herbs

Serving Size: 364g

	per serving	per 100g
Energy	1220kJ (291Cal)	334kJ (80Cal)
Protein	23.4g	6.4g
Fat, Total	6.4g	1.8g
- Saturated	2.4g	0.7g
Carbohydrate	32.1g	8.8g
- Sugars	9.3g	2.6g
Dietary Fibre	8.7g	2.4g
Sodium	564mg	155mg

CONTAINS: Wheat, Milk

MAY CONTAIN: Egg

