

## Nutritional Info

### Nutrients

	EASY Range 1									
	<b>Beef Patty</b>		<b>Fish Cake</b>		<b>Grilled chick/strips</b>		<b>Lentil veg</b>		<b>Lentil veg Danish</b>	
	100 g	Serving 80 g	100 g	Serving 80 g 2 cakes	100 g	Serving 80 g	100 g	Serving 80 g	100 g	Serving 80 g
<b>Energy   kJ</b>	929	794	559	565	455	367	338	276	456	387
<b>Protein   g</b>	25.5	21.8	16.7	16.9	19.8	16.0	4.9	4.0	6.4	5.4
<b>Carbohydrate   g</b>	6	6	5	6	2	2	10	8	9	8
<b>of which total sugar   g</b>	0.2	0.2	0.5	0.5	0.8	0.7	2.1	1.7	2.0	1.7
<b>Total fat   g</b>	9.9	8.5	4.6	4.6	2.2	1.8	0.2	0.2	3.4	2.9
of which saturated fat (g)	4.5	3.9	1.2	1.3	0.6	0.5	0.0	0.0	2.0	1.7
of which trans fat (g)	0	0	0	0	0	0	0	0	0	0
of which monosaturated fat(g)	3.9	3.4	1.1	1.1	0.9	0.7	0.0	0.0	0.8	0.7
of which polyunsaturated fat (g)	0.8	0.7	1.7	1.7	0.6	0.5	0.0	0.0	0.1	0.1
<b>Cholesterol   mg</b>	88	76	71	72	34	27	0	0	8	7
<b>Dietary fibre</b>	1.1	0.9	0.9	0.9	0.0	0.0	4.3	3.5	3.8	3.2
<b>Total sodium   mg</b>	312	267	249	252	508	410	73	60	184	156
<b>GL</b>		3		3		1		2		2
<b>GI</b>	LOW		LOW		LOW		LOW		LOW	
<b>Exchange value</b>	3 lean protein		2 low fat protein		2 low fat protein		½ protein, 2vegetable		1 protein, 2 vegetable	
<b>Added value</b>					<b>LOW FAT</b> < 3g   100g		<b>LOW FAT</b> <b>LOW CHOLESTEROL</b> <b>Source of fibre</b> <b>Low sodium</b>		<b>LOW CHOLESTEROL</b> < 20mg   100g <b>Source of fibre</b> > 3 g   100g	
<b>Gluten free</b>					Gluten free		Gluten free		Gluten free	
<b>ALLERGENS</b>	Egg, Oats (gluten)		Oats (gluten), Egg Fish		Soya		None		Cow's milk	
<b>INGREDIENTS</b>	Topside lean beef mince, oats (gluten), onion, egg, celery, salt, parsley, nutmeg, pepper		Pilchards in tomato sauce, (Pilchards, tomato sauce, water, salt, thickener) hake, onion, oats (gluten), egg, parsley		Chicken breast, lemon juice, soya sauce (water, molasses, sugar, monosodium glutamate, soya, caramel colour, salt, emulsifier, citric acid, preservative [sodium benzoate]), honey, paprika		Lentils, sweet peppers, onion, carrot, tomato puree, stock powder, garlic		Lentils, sweet peppers, onion, carrot, tomato puree, Danish feta (cow's milk, salt, cheese cultures, rennet, citric acid), stock powder, garlic	
							<b>[ Vegan ]</b>		<b>[ Lacto Vegetarian ]</b>	

**eatrite**  
PORTION CONTROLLED · LOW GI

Stock powder (salt, dehydrated veg[onion, carrot, mushroom, cornstarch, sugar, maltodextrin, herbs, yeast extract, veg oil {canola seed}, pepper, flavouring, colourant, spices, acid)