

## Nutritional Info

### Nutrients

	EASY Range 2							
	<b>Meatballs</b>		<b>Mozzarella cheese</b>		<b>Saucy mince lentils</b>		<b>Tangy chicken</b>	
	100 g	Serving 80 g 2 meatballs	100 g	Serving 80 g	100 g	Serving 120 g	100 g	Serving 80 g
<b>Energy   kJ</b>	929	794	1166	933	433	524	648	560
<b>Protein   g</b>	25.5	21.8	19.4	15.5	10.9	13.1	23.4	20.2
<b>Carbohydrate   g</b>	6	6	2	2	6	7	6	6
<b>of which total sugar   g</b>	0.2	0.2	2.2	1.8	0.6	0.8	4.9	4.2
<b>Total fat   g</b>	9.9	8.5	21.6	17.3	3.3	4.0	3.9	3.4
of which saturated fat (g)	4.5	3.9	13.2	10.5	1.6	1.9	1.2	1.0
of which trans fat (g)	0	0	0	0	0	0	0	0
of which monosaturated fat (g)	3.9	3.4	6.6	5.3	1.3	1.6	1.5	1.3
of which polyunsaturated fat (g)	0.8	0.7	0.8	0.6	0.2	0.2	0.8	0.7
<b>Cholesterol   mg</b>	88	76	78	62	26	31	60	52
<b>Dietary fibre</b>	1.1	0.9	0	0	1.9	2.3	0.3	0.3
<b>Total sodium   mg</b>	312	267	373	298	131	158	316	273
<b>GL</b>		3		0		2		3
<b>GI</b>	LOW		LOW		LOW		LOW	
<b>Exchange value</b>	3 protein		2 protein		2 protein, ½ vegetable, ½ starch		2½ protein	
<b>Added value</b>								
<b>Gluten free</b>			Gluten free		Gluten free		Gluten free	
<b>ALLERGENS</b>	Egg, Oats (gluten)		Cow's milk		None		Cow's milk	
<b>INGREDIENTS</b>	Topside lean beef mince, oats (gluten), onion, egg, celery, salt, parsley, nutmeg, pepper		Mozzarella cheese (cow's milk, dairy culture, salt, vegetable rennet)		Topside beef mince, tomato & onion mix, (tomato, water, onion, sugar, starch, salt, spices), lentils, onion, stock powder, herbs		Chicken fillet, low fat yoghurt, (cow's milk, milk solids, selected cultures, stabilizers), apricot jam (glucose, apricot, sugar), stock powder, spice	
			[ Lacto Vegetarian ]					

**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)