

Nutritional Info

Nutrients

EASY Range 3								
Nutrients	Basmati Rice		Basmati rice Lentil		Roast veggies		Stir fry veggies	
	100 g	Serving 80 g	100 g	Serving 80 g	100 g	Serving 115 g	100 g	Serving 115 g
Energy kJ	447	358	454	364	233	268	136	156
Protein g	4.0	3.2	4.6	3.7	1.7	2.0	1.6	1.8
Carbohydrate g	22	18	21	17	6	7	4	5
of which total sugar g	0	0	0.3	0.2	2.0	2.3	1.2	1.4
Total fat g	0.1	0.1	0.1	0.1	1.9	2.2	0.1	0.1
of which saturated fat (g)	0	0	0	0	0.3	0.3	0	0
of which trans fat (g)	0	0	0	0	0	0	0	0
of which monosaturated fat(g)	0	0	0	0	1.3	1.5	0	0
of which polyunsaturated fat (g)	0	0	0	0	0.2	0.2	0.1	0.1
Cholesterol mg	0	0	0	0	0	0	0	0
Dietary fibre	0.4	0.3	1.2	1.0	1.9	2.2	2.1	2.5
Total sodium mg	117	94	103	82	60	69	11	13
GL		10		9		2		1
GI	LOW		LOW		LOW		LOW	
Exchange value	1 starch		1 starch		1½ vegetable ½ fat		2 vegetables	
Added value	LOW FAT LOW CHOLESTEROL Low soduim		LOW FAT LOW CHOLESTEROL Low soduim		LOW FAT Low soduim Naturally cholesterol free		LOW FAT Low soduim Naturally cholesterol free	
Gluten free	Gluten free		Gluten free		Gluten free		Gluten free	
ALLERGENS	None		None		None		None	
INGREDIENTS	Basmati rice		Basmati rice, lentils		Sweet pepeprs, butternut, carrot, broccoli, baby marrow, onion, spinach, lemon juice, veg oil (olive), paprika		Carrots, sweet peppers, green beans, baby marrow, snap peas, celery	
	[Vegan]		[Vegan]		[Vegan]		[Vegan]	

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)