

Diabetes Meals Online Nutritional Information at a glance

Aromatic Bean & Vegetable Cassoulet

Contains: Rehydrated Beans (28%) [Navy & Borlotti Beans, Water], Tomatoes [Tomatoes, Tomato Juice, Food Acid (330)], Water, Carrot, Potato, Tomato Paste, Celery, Garlic, Onion, Corn Starch, Basil Puree, Salt, Herbs & Spices, Vegetable Gum (415).

NUTRITION INFORMATION			
Serving size: 350g			
		Average quantity per serving (350g)	Average quantity per 100g
Energy	kJ	844	241
Energy	kcal	200	57
Protein	g	10.5	3.0
Fat - Total	g	1.1	0.3
Fat - Saturated	g	0.0	0.0
Carbohydrate - Total	g	34.6	9.9
Carbohydrate - Sugar	g	11.9	3.4
Dietary Fibre	g	14.3	4.1
Sodium	mg	826	236

Chilli Con Carne

Contains: Beef (20%), Tomatoes [Tomatoes, Tomato Juice, Food Acid (330)], Green & Red Capsicum, Water, Red Kidney Beans (12%) [Water, Red Kidney Beans], Onion, Tomato Paste, Corn Starch, Salt, Garlic, Herb & Spices, Vegetable Gum (415), Natural Colour (160c).

NUTRITION INFORMATION			
Serving size: 350g			
		Average quantity per serving (350g)	Average quantity per 100g
Energy	kJ	984	281
Energy	kcal	234	67
Protein	g	19.6	5.6
Fat - Total	g	7.7	2.2
Fat - Saturated	g	2.8	0.8
Carbohydrate - Total	g	18.9	5.4
Carbohydrate - Sugar	g	8.1	2.3
Dietary Fibre	g	9.1	2.6
Sodium	mg	1096	313

Chunky Italian Meatballs

Contains: Meatballs (30%) [Beef, Water, Onion, Rice Flour, Cellulose Fibre, Starch, Salt, Mineral Salt (451), Spice Extract], Tomatoes [Tomatoes, Tomato Juice, Food Acid (330)], Water, Tomato Paste, Roasted Bell Pepper Puree [Roasted Red Bell Pepper, Food Acid (330)], Onion, Herbs & Spices, Garlic, Corn Starch, Maltodextrin (from Tapioca or Corn), Salt, Vegetable Gum (415), Natural Colour (100), Herb Extract, Natural Flavour.

NUTRITION INFORMATION			
Serving size: 350g			
		Average quantity per serving (350g)	Average quantity per 100g
Energy	kJ	1589	454
Energy	kcal	378	108
Protein	g	20.3	5.8
Fat - Total	g	14.0	4.0
Fat - Saturated	g	5.6	1.6
Carbohydrate - Total	g	32.9	9.4
Carbohydrate - Sugar	g	9.8	2.8
Dietary Fibre	g	7.3	2.1
Sodium	mg	2009	574

Creamy Mushroom Risotto

Contains: Water, Brown Rice (13%), Mushroom (13%), Peas, Spinach, Red Capsicum, Zucchini, Olive Oil, Onion, Corn Starch, Dehydrated Mushroom (1%), Garlic, Salt, Natural Flavour, Skim Milk Powder, Herbs & Spice.

NUTRITION INFORMATION			
Serving size: 350g			
		Average quantity per serving (350g)	Average quantity per 100g
Energy	kJ	1082	309
Energy	kcal	259	74
Protein	g	8.4	2.4
Fat - Total	g	4.9	1.4
Fat - Saturated	g	1.1	0.3
Carbohydrate - Total	g	41.0	11.7
Carbohydrate - Sugar	g	2.8	0.8
Sodium	mg	724	207

Luscious Chicken & Leek Casserole

Contains: Water, Potato, Leek (19%), Chicken (12%), Thickened Cream [Cream, Mineral Salts (450, 500), Thickener (400), contains Milk], Bacon (5%) [Pork, Salt, Dextrose, Sucrose, Mineral Salts (450, 451, 452), Water, Antioxidant (316), Sodium Nitrite (250)], Corn Starch, Salt, Vegetable Gums (415, 412), Pepper.

NUTRITION INFORMATION			
Serving size: 350g			
		Average quantity per serving (350g)	Average quantity per 100g
Energy	kJ	1176	336
Energy	kcal	280	80
Protein	g	14.3	4.1
Fat - Total	g	14.3	4.1
Fat - Saturated	g	8.1	2.3
Carbohydrate - Total	g	22.8	6.5
Carbohydrate - Sugar	g	3.9	1.1
Dietary Fibre	g	4.2	1.2
Sodium	mg	1176	336

Mild Butter Chicken

Contains: Tomatoes [Tomatoes, Tomato Juice, Food Acid (330)], Chicken (25%), Potato, Onion, Pasteurised Fresh Cream [Cream, Mineral Salts (450, 500), Thickener (400), contains Milk], Tomato Paste, Ginger, Corn Starch, Salt, Spices, Garlic, Cream Powder [contains Milk], Natural Colours (164, 160b, 120, 160c), Vegetable Gum (415), Spice Extract.

NUTRITION INFORMATION			
Serving size: 350g			
		Average quantity per serving (350g)	Average quantity per 100g
Energy	kJ	1477	422
Energy	kcal	354	101
Protein	g	20.6	5.9
Fat - Total	g	17.9	5.1
Fat - Saturated	g	8.4	2.4
Carbohydrate - Total	g	27.3	7.8
Carbohydrate - Sugar	g	8.4	2.4
Dietary Fibre	g	4.5	1.3
Sodium	mg	1351	386

Tender Beef & Veggie Hot Pot

Contains: Beef (30%), Potato (16%), Water, Carrot (12%), Tomatoes [Tomatoes, Food Acid (330)], Onion (8%), Tomato Paste, Corn Starch, Salt, Garlic, Herb & Spices, Natural Flavour, Vegetable Gum (415), Colours (150d, 160c).

NUTRITION INFORMATION

Serving size: 350g

		Average quantity per serving (350g)	Average quantity per 100g
Energy	kJ	980	280
Energy	kcal	234	67
Protein	g	27.3	7.8
Fat - Total	g	4.2	1.2
Fat - Saturated	g	1.4	0.4
Carbohydrate - Total	g	21.4	6.1
Carbohydrate - Sugar	g	7.7	2.2
Dietary Fibre	g	5.6	1.6
Sodium	mg	1172	335
Potassium	mg	928	265