



# Karen's Kitchen

## READY MADE MEALS

### NUTRITIONAL INFORMATION PER 100g

	Energy (kJ)	Protein (g)	Fat - Total (g)	Fat - Saturated (g)	Carbohydrates (g)	Sugars (g)	Sodium (mg)
Aussie Beef Stew	463	11.8	4.6	1.5	4.6	2	219
Beef & Black Bean	365	11.6	1.9	0.5	4.9	3.3	360
Beef Stroganoff	650	17	7.4	2.6	4.7	1.6	294
Butter Chicken	1040	12.6	16.4	8.2	11.1	6.7	370
Chicken Cacciatore	450	11.6	5.2	1.1	2.7	2.5	230
Chilli Chicken & Vegetable	358	6.9	3.8	0.6	4.8	3.1	209
Fried Rice	876	6.4	7.2	1.7	28.4	2	496
Indian Beef Curry	588	15.2	6	1.9	5.5	2.6	378
Italian Beef Lasagne	616	7.4	4.8	2.2	17.2	6.1	358
Lamb & Vegetable Stew	484	14.2	4.5	1.4	3.6	2.5	242
Lamb Rogan Josh	611	15.7	6.3	2	5.9	1.8	157
Meatballs in Tomato Sauce	467	11.8	4.9	1.6	4	3.5	366
Roast Beef & Gravy	688	20.8	6.5	1.5	3.9	1.4	515
Sweet and Sour Pork	675	17.5	3.8	0.5	13	11.2	422
Thai Green Chicken Curry	475	10	6.8	2.9	2.7	1.2	105
Thai Red Chicken Curry	482	10.2	6.6	2.8	3.2	1.6	110
Vegetable Dhal	914	13.1	3.2	1.9	29.1	6.5	15
Vegetable Lasagne	504	3.9	3.9	2.1	14.9	2.6	102



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## READY MADE MEALS

### NUTRITIONAL INFORMATION PER SERVE (250g)

	Energy (kJ)	Protein (g)	Fat - Total (g)	Fat - Saturated (g)	Carbohydrates (g)	Sugars (g)	Sodium (mg)
<b>Aussie Beef Stew</b>	1157.5	29.5	11.5	3.75	11.5	5	547.5
<b>Beef &amp; Black Bean</b>	912.5	29	4.75	1.25	12.25	8.25	900
<b>Beef Stroganoff</b>	1625	42.5	18.5	6.5	11.75	4	735
<b>Butter Chicken</b>	4160	50.4	65.6	33	44.4	26.8	1480
<b>Chicken Cacciatore</b>	1125	29	13	2.75	6.75	6.25	575
<b>Chilli Chicken &amp; Vegetable</b>	895	17.25	9.5	1.5	12	7.75	522.5
<b>Fried Rice</b>	2190	16	18	4.25	71	5	1240
<b>Indian Beef Curry</b>	1470	38	15	4.75	13.75	6.5	945
<b>Italian Beef Lasagne</b>	1540	18.5	12	5.5	43	15.25	895
<b>Lamb &amp; Vegetable Stew</b>	1210	35.5	11.25	3.5	9	6.25	605
<b>Lamb Rogan Josh</b>	1527.5	39.25	15.75	5	14.75	4.5	392.5
<b>Meatballs in Tomato Sauce</b>	1167.5	29.5	12.25	4	10	8.75	915
<b>Roast Beef &amp; Gravy</b>	1720	52	16.25	3.75	9.75	3.5	1287.5
<b>Sweet and Sour Pork</b>	1687.5	43.75	9.5	1.25	32.5	28	1055
<b>Thai Green Chicken Curry</b>	1187.5	25	17	7.25	6.75	3	262.5
<b>Thai Red Chicken Curry</b>	1205	25.5	16.5	7	8	4	275
<b>Vegetable Dhal</b>	2285	32.75	8	4.75	72.75	16.25	37.5
<b>Vegetable Lasagne</b>	1260	9.75	9.75	5.25	37.25	6.5	255