

Nutrition Information – Easy Korma		
Serves per pack: 12		
Serving Size: approximately 8		
Nutrient	Quantity per serving	Quantity per 100g
Energy	125 kJ	1490 kJ
Protein	Less than 1.0 g	11.1 g
Fat – Total	Less than 1.0 g	11.6 g
– Saturated	Less than 1.0 g	2.5 g
Carbohydrate – Total	3.4 g	40.7 g
– Sugars	1.3 g	15.7 g
Sodium	Less than 5 mg	57 mg

Nutrition Information – Easy Curry		
Serves per pack: 12		
Serving Size: approximately 8		
Nutrient	Quantity per serving	Quantity per 100g
Energy	126 kJ	1500 kJ
Protein	Less than 1.0 g	11.7 g
Fat – Total	1.0 g	12.3 g
– Saturated	Less than 1.0 g	2.3 g
Carbohydrate – Total	3.3 g	38.7 g
– Sugars	1.2 g	14.5 g
Sodium	13 mg	155 mg

Nutrition Information – Easy Best of South		
Serves per pack: 12		
Serving Size: approximately 8		
Nutrient	Quantity per serving	Quantity per 100g
Energy	149 kJ	1780 kJ
Protein	Less than 1.0 g	11.3 g
Fat – Total	2.0 g	23.9 g
– Saturated	1.1 g	13.3 g
Carbohydrate – Total	2.7 g	31.6 g
– Sugars	1.2 g	14.3 g
Sodium	10 mg	122 mg

Nutrition Information – Easy Tandoori		
Serves per pack: 12		
Serving Size: approximately 8		
Nutrient	Quantity per serving	Quantity per 100g
Energy	128 kJ	1520 kJ
Protein	1.0 g	12.1 g
Fat – Total	Less than 1.0 g	10.4 g
– Saturated	Less than 1.0 g	2.3 g
Carbohydrate – Total	3.9 g	46.6 g
– Sugars	1.2 g	14.2 g
Sodium	8 mg	99 mg

Nutrition Information – Easy Vindaloo		
Serves per pack: 12		
Serving Size: approximately 8		
Nutrient	Quantity per serving	Quantity per 100g
Energy	128 kJ	1530 kJ
Protein	1.0 g	12.2 g
Fat – Total	1.0 g	12.1 g
– Saturated	Less than 1.0 g	2.4 g
Carbohydrate – Total	3.6 g	42.2 g
– Sugars	1.3 g	15.0 g
Sodium	22 mg	257 mg