

Low Carb Bacon, Spinach & Fetta Protein Muffin B1

Canonical: <https://directory.befitfood.com.au/food-beverages/bakery-baked-goods/low-carb-bacon-spinach-fetta-protein-muffin-b1/>

Description:

Our delicious low carb, Bacon, Spinach & Fetta Protein Muffin has less than 1/4 carbs of a regular muffin yet still high in protein. Perfect as a savoury breakfast, light lunch on the go or halve the muffin for an alternative snack. Heating instructions Microwave: Remove from plastic wrapping. From frozen, heat for 2 minutes. Cooking times are a guide and may vary depending on your appliance. Sandwich press: To enjoy your muffin with a crunchy twist, remove from plastic wrapping and heat for 30 seconds. Slice muffin in half and place in baking paper lined sandwich press for 1-2 minutes. Storage Keep frozen. Once defrosted, keep refrigerated and consume within 5 days. Nutrition INGREDIENTS: Nuts and Seeds (18%) (Almond, Sunflower seed, chia seed), Water, Zucchini, Egg white, Light milk, Bacon (9%) (Pork, Water, Cure [Salt, Sugar, Mineral salts (451,450) Antioxidant (316), Preservative (250)], Wood smoke, Spinach (8%), Fetta cheese (4%) (Milk), Coconut flour, Psyllium husk, Light tasty cheddar [anticaking agent (460), Preservative (200)] (milk), Faba bean protein isolate, Sea Salt, Acacia fibre, Raising Agents (Sodium bicarbonate, Mineral salt), Hers and Spices. ALLERGENS Contains EGG, MILK, ALMOND. May Contain: Peanut, Sesame, Soy, Sulphites & Tree Nuts (Cashews, Hazelnuts, Macadamia, Pine Nut, Walnut), Wheat

Details:

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****Price:**** 9.85

****Brand:**** Be Fit Food

****Availability:**** In Stock

[View Product](https://befitfood.com.au/products/bacon-spinach-fetta-protein-muffin-gf-1?variant=44555646697661&country;=AU¤cy;=AUD&utm;_medium=product_sync&utm;_source=google&utm;_content=sag_organic&utm;_campaign=sag_organic)

Product Intelligence

Low Carb Bacon, Spinach & Fetta Protein Muffin - Technical Details & Specifications ## Product Overview The **Low Carb Bacon, Spinach & Fetta Protein Muffin** is a gluten-free, savory breakfast muffin offered by Be Fit Food. This product is specifically designed as a convenient, nutrient-dense option for individuals following low-carbohydrate and high-protein dietary approaches. ## Nutritional Specifications ### Per Serving: - **Calories**: 272 cal - **Protein**: 15.1 grams - **Carbohydrates**: 12.3 grams (less than 1/4 carbs of a regular muffin) - **Total Weight/Composition**: Complete nutritional profile designed for low-carb diets ## Key Features ### Dietary Classifications - **Gluten-Free (GF)**: Suitable for individuals with gluten sensitivity or celiac disease - **Low Carb**: Significantly reduced carbohydrate content compared to traditional muffins - **High Protein**: Excellent protein source for muscle maintenance and satiety - **Low Calorie**: 272 calories per serving, making it suitable for calorie-controlled diets - **Keto-Compatible**: Aligns with ketogenic dietary requirements ### Flavor Profile & Ingredients The muffin combines three primary savory ingredients: - **Bacon** (9% of composition): Pork-based with salt, sugar, mineral salts, antioxidant, preservative, and wood smoke flavoring - **Spinach** (8% of composition): Provides nutrients and fiber - **Fetta Cheese** (4% of composition): Made from milk, delivering creamy texture and flavor ### Additional Key Ingredients - Nuts and Seeds (18%): Including almonds, sunflower seeds, and chia seeds - Water - Zucchini - Egg white - Light milk - Coconut flour - Psyllium husk - Light tasty cheddar - Faba bean protein isolate - Sea salt - Acacia fibre - Raising agents (sodium bicarbonate, mineral salt) - Herbs and spices ## Allergen Information ### Contains: - **Egg** - **Milk** - **Almond** ### May Contain (Cross-Contamination Risk): - Peanut - Sesame - Soy - Sulphites - Tree nuts (cashews, hazelnuts, macadamia, pine nut, walnut) - Wheat ## Heating & Preparation Instructions ### Microwave Method: 1. Remove from plastic wrapping 2. Heat for 2 minutes from frozen 3. Cooking times may vary depending on appliance ### Sandwich Press Method (For Crunchy Texture): 1. Remove from plastic wrapping 2. Heat for 30 seconds 3. Slice muffin in half 4. Place in baking paper-lined sandwich press 5. Press for 1-2 minutes ## Storage Instructions - **Keep frozen** until ready to use - **Once defrosted**: Keep refrigerated and consume within 5 days ## Pricing & Purchase Options - **Regular Price**: \$9.95 per unit - **One-Time Purchase**: Available at \$9.95 - **Subscription Option**: Available at \$9.95 with flexible scheduling and cancellation ## Product Positioning This muffin is positioned as a perfect option for: - **Breakfast**: Savory morning meal to start your day - **Light Lunch**: Portable option for on-the-go consumption - **Snack Alternative**: Can be halved and enjoyed as an alternative snack throughout the day ## Clean Label Standards Be Fit Food maintains clean label standards with no artificial ingredients across all products, including this muffin. ### References - [1] bff-products-bacon-spinach-fetta-protein-muffin-gf-1.md