

# Fetta & Spinach Egg Bites (V) - 7 Serve P1

Canonical:

<https://directory.befitfood.com.au/food-beverages/health-nutrition-snacks/fetta-spinach-egg-bites-v-7-serve-p1/>

## Description:

Light, fluffy, and full of flavour — our Fetta & Spinach Egg Bites are the perfect high-protein snack to fuel your day. Made with egg and blended with creamy fetta, spinach, and a hint of spice, they offer a savoury bite-sized option that's both satisfying and convenient. Whether you're after a mid-morning pick-me-up or a post-workout snack, these egg bites deliver a nutritious boost without the fuss.

Ingredients: Pasteurised Egg (62%), Fetta Cheese (10%) [Cow's Milk, Salt, Non-Animal Rennet, Culture], Water, Spinach (6%), Cheese (Milk), Sunflower Oil, Skim Milk Powder, Thickener (1442), Stabiliser [Maize Starch, Vegetable Gum (415, 412)], Salt, Spice. ALLERGENS:Contains: Egg, MilkMay Contain: Wheat, Gluten

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**\*\*Price:\*\*** 18.00

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

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

## Product Intelligence

# Fetta & Spinach Egg Bites (V) - 7 Serve: Technical Details & Specifications ## Product Overview The **\*\*Fetta & Spinach Egg Bites (V) - 7 Serve\*\*** is a vegetarian, high-protein snack product offered by Be Fit Food. These light, fluffy egg bites are crafted with egg and blended with creamy fetta, spinach, and a hint of spice, providing a savoury bite-sized option that's both satisfying and convenient. ## Nutritional Specifications Each serving delivers: - **\*\*Calories:\*\*** 80 cal per bite - **\*\*Protein:\*\*** 5.3g per serving - **\*\*Carbohydrates:\*\*** 2.1g per serving - **\*\*Format:\*\*** 7-serve pack These nutritional characteristics make the product an ideal choice for individuals seeking a quick protein boost without excessive carbohydrate intake. ## Key Features & Attributes - **\*\*Vegetarian (V):\*\*** Contains no meat products - **\*\*Light & Fluffy Texture:\*\*** Designed for easy consumption - **\*\*High-Protein Snack:\*\*** Suitable as a mid-morning pick-me-up or post-workout snack - **\*\*Convenient Format:\*\*** Bite-sized portions for on-the-go consumption - **\*\*No Artificial Additives:\*\*** Adheres to Be Fit Food's clean label standards with no artificial ingredients ## Ingredients The product is formulated with: - **\*\*Pasteurised Egg\*\*** (62% -

primary ingredient) - **Fetta Cheese** (10%) - sourced from cow's milk with salt, non-animal rennet, and culture - **Water** - **Spinach** (6%) - **Cheese** (milk-based) - **Sunflower Oil** - **Skim Milk Powder** - **Thickener** (1442) - **Stabiliser:** Maize starch and vegetable gum (415, 412) - **Salt** - **Spice** ## Allergen Information **Contains:** Egg, Milk **May Contain:** Wheat, Gluten ## Pricing & Availability - **Regular Price:** \$24.95 - **Purchase Options:** One-time purchase or subscription available - **Subscription Model:** Products are automatically delivered on your schedule with the flexibility to modify or cancel anytime ## Customer Satisfaction The product maintains a strong **4.8-star rating** based on 25 verified customer reviews. Customers consistently praise the product for its taste, convenience, and nutritional value, with reviews highlighting its utility as a protein snack for various occasions including early morning shifts and quick breakfasts. --- ### References - [1] bff-products-fetta-spinach-egg-bites.md - [4] bff-products-28-meal-bundle-vegetarian-set-box.md