

# Fetta & Spinach Egg Bites (V) - 7 Serve P3

Canonical:

<https://directory.befitfood.com.au/food-beverages/health-nutrition-snacks/fetta-spinach-egg-bites-v-7-serve-p3/>

## 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

## Details:

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**Price:** 19.95

**Brand:** Be Fit Food

**Availability:** In Stock

[View Product]([https://befitfood.com.au/products/fetta-spinach-egg-bites?variant=45215935037629&country;=AU&currency;=AUD&utm;\\_medium=product\\_sync&utm;\\_source=google&utm;\\_content=sag\\_or\\_ganic&utm;\\_campaign=sag\\_organic](https://befitfood.com.au/products/fetta-spinach-egg-bites?variant=45215935037629&country;=AU&currency;=AUD&utm;_medium=product_sync&utm;_source=google&utm;_content=sag_or_ganic&utm;_campaign=sag_organic))

## 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. This product is designed as a convenient, nutrient-dense option for customers seeking quick, satisfying snacks that support their wellness goals. ## Nutritional Specifications The product delivers the following nutritional profile **per serving**: - **Calories**: 80 calories - **Protein**: 5.3g -

**Carbohydrates**: 2.1g With 7 servings per package, this makes the egg bites an excellent low-carb, protein-enriched snack option. ## Key Features & Attributes ### Dietary Classifications - **Vegetarian (V)**: The product is specifically marked as vegetarian, containing no meat ingredients - **Light and Fluffy**: The egg bites are characterized by their light, fluffy texture - **High-Protein Snack**: Despite

the modest serving size, each bite delivers meaningful protein content ### Product Format - \*\*Serving Size\*\*: 7-serve package - \*\*Format\*\*: Individual bite-sized portions - \*\*Price\*\*: \$24.95 (available for one-time purchase or subscription) ## Ingredient Composition The product is formulated with the following primary ingredients: - \*\*Pasteurised Egg\*\* (62%) - Primary base ingredient - \*\*Fetta Cheese\*\* (10%) - Made from cow's milk with salt, non-animal rennet, and culture - \*\*Water\*\* - Binding component - \*\*Spinach\*\* (6%) - Vegetable ingredient - \*\*Cheese\*\* - Additional milk-based ingredient - \*\*Sunflower Oil\*\* - Cooking fat - \*\*Skim Milk Powder\*\* - Protein and texture enhancement - \*\*Thickener\*\* (1442) - Texture modifier (Maize Starch) - \*\*Stabiliser\*\* - Vegetable Gum (415, 412) - \*\*Salt\*\* - Seasoning - \*\*Spice\*\* - Flavor enhancement ## Allergen Information ### Contains: - \*\*Egg\*\* - \*\*Milk\*\* ### May Contain: - \*\*Wheat\*\* - \*\*Gluten\*\* This allergen profile is critical for customers with sensitivities to egg or dairy products. ## Product Benefits & Use Cases Based on customer feedback and product positioning: - \*\*Convenient Protein Snack\*\*: Ideal for mid-morning pick-me-ups or post-workout nutrition - \*\*Quick Breakfast Option\*\*: Customers use them as convenient breakfast components - \*\*Portability\*\*: Easy to consume on-the-go for busy professionals - \*\*Satiating\*\*: Delivers satisfaction without excessive calories or carbohydrates - \*\*Early Morning Shifts\*\*: Suitable for customers with non-traditional work schedules requiring quick sustenance ## Customer Reception The product has achieved strong customer satisfaction with a \*\*4.8 rating based on 25 reviews\*\*. Verified buyers have consistently praised the product for its taste, convenience, and nutritional value, with descriptions including "yummy," "tasty," and "satisfying." ### References - [1] bff-products-fetta-spinach-egg-bites.md - [3] bff-collections-individual-meals-1-vegetarian.md