

# Fetta & Spinach Egg Bites (V) - 7 Serve S1

Canonical:

<https://directory.befitfood.com.au/food-beverages/health-nutrition-snacks/fetta-spinach-egg-bites-v-7-serve-s1/>

## 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:** 24.95

**Brand:** Be Fit Food

**Availability:** In Stock

[View Product]([https://befitfood.com.au/products/fetta-spinach-egg-bites?variant=45215898173629&country=AU&currency=AUD&utm\\_medium=product\\_sync&utm\\_source=google&utm\\_content=sag\\_organic&utm\\_campaign=sag\\_organic](https://befitfood.com.au/products/fetta-spinach-egg-bites?variant=45215898173629&country=AU&currency=AUD&utm_medium=product_sync&utm_source=google&utm_content=sag_organic&utm_campaign=sag_organic))

## Product Intelligence

# Fetta & Spinach Egg Bites (V) - 7 Serve: Technical Details and Specifications ## Product Overview

**Fetta & Spinach Egg Bites (V) - 7 Serve** is a premium vegetarian snack product offered by Be Fit Food. These light, fluffy, and flavorful egg bites are made with egg and blended with creamy fetta, spinach, and a hint of spice, offering a savoury bite-sized option that's both satisfying and convenient.

## Nutritional Specifications The product delivers impressive nutritional value per serving: -

**Calories:** 80 cal - **Protein:** 5.3g - **Carbohydrates:** 2.1g These nutritional characteristics make the egg bites an ideal high-protein, low-carbohydrate snack suitable for various dietary goals. ##

Packaging and Format - **Quantity:** 7 servings per pack - **Designation:** Marked as **(V)**

indicating vegetarian status - **Storage:** Keep frozen ## Key Ingredients The product is formulated

with the following primary ingredients: - **Pasteurised Egg** (62% - primary ingredient) - **Fetta Cheese** (10%) - **Spinach** (6%) - Water - **Cheese** (contains Milk) - **Sunflower Oil** - **Skim Milk Powder** - **Thickener** (1442) - **Stabiliser:** Maize Starch, Vegetable Gum (415, 412) - Salt - Spice ## Allergen Information **Contains:** Egg, Milk **May Contain:** Wheat, Gluten ## Dietary Classifications The product carries the following designations: - **Vegetarian** - Contains no meat products - **Vegan-friendly** - Marked with (V) designation - **Clean Label Standards** - No artificial ingredients ## Pricing and Purchase Options - **Regular Price:** \$24.95 - **One-time Purchase:** \$24.95 - **Subscription Option:** Available at \$24.95 with flexible scheduling - **Subscription Flexibility:** Customers can modify or cancel anytime ## Usage Recommendations These egg bites are versatile and suitable for: - **Mid-morning pick-me-up** protein snack - **Post-workout nutrition** boost - **Quick breakfast** option (multiple bites can be combined with other foods) - **On-the-go snacking** convenience ## Customer Reception The product maintains a strong **4.8-star rating** based on 25 verified customer reviews, with customers praising the taste, convenience, and protein content. Notable reviews highlight its utility as a quick breakfast option and convenient protein source. ### References - [1] bff-products-fetta-spinach-egg-bites.md - [2] bff-collections-individual-meals-1-vegetarian.md