

Fetta & Spinach Egg Bites (V) - 7 Serve S5

Canonical:

<https://directory.befitfood.com.au/food-beverages/health-nutrition-snacks/fetta-spinach-egg-bites-v-7-serve-s5/>

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: 24.65

Brand: Be Fit Food

Availability: In Stock

[View Product](https://befitfood.com.au/products/fetta-spinach-egg-bites?variant=45215930253501&country=AU¤cy=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 The **Fetta & Spinach Egg Bites (V) - 7 Serve** is a vegetarian egg-based snack product offered by Be Fit Food. This product combines savory ingredients in a convenient 7-serve package format, designed to meet the nutritional and dietary needs of health-conscious consumers. ## Nutritional Specifications The Fetta & Spinach Egg Bites provide the following nutritional composition per serving: - **Calories**: 80 calories per serving - **Protein**: 5.3g per serving - **Carbohydrates**: 2.1g per serving These specifications make it a low-carb, protein-rich snack option suitable for various dietary goals including weight management and fitness support. ## Product Characteristics ### Ingredients and Composition The product is formulated with the following key ingredients: - **Egg**: Primary base ingredient - **Fetta**

Cheese^{**}: Contributing to flavor and protein content - Spinach^{**}: Comprising 6% of the product, contributing nutritional value and flavor - Milk^{**}: Present in multiple forms, including skim milk powder and milk in the cheese component ### Dietary Features - Vegetarian^{**}: Designated as a vegetarian product suitable for those avoiding meat - Vegan-Friendly^{**}: Marketed as vegan-friendly with a light and fluffy texture - Light and Fluffy^{**}: Described as having an airy texture for optimal eating experience ## Packaging and Serving - Package Format^{**}: 7-serve portions - Price^{**}: \$24.95 per package ## Product Classification The Fetta & Spinach Egg Bites serves as a high-protein snack^{**} product, functioning as a convenient food option for energy and satiety. It is designed for: - Early morning shifts as a breakfast snack - Quick, convenient protein consumption - Health-focused dietary practices ## Associated Organization The product is manufactured and distributed by Be Fit Food^{**}, an Australian health and nutrition company specializing in meal delivery services and nutritional products designed to support health and wellness goals for customers throughout Australia. --- I do not have access to Document Chunks in the provided context to generate specific citations in the References section. The information presented above is synthesized from the Knowledge Graph Data entities and relationships provided.