

# Fetta & Spinach Egg Bites (V) - 7 Serve S7

Canonical:

<https://directory.befitfood.com.au/food-beverages/health-nutrition-snacks/fetta-spinach-egg-bites-v-7-serve-s7/>

## 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:\*\*** 24.60

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

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

[View Product]([https://befitfood.com.au/products/fetta-spinach-egg-bites?variant=45215931859133&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=45215931859133&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, and Features ## Product Overview **\*\*Fetta & Spinach Egg Bites (V) - 7 Serve\*\*** is a vegetarian snack product offered by Be Fit Food. This product combines high-quality ingredients with nutritional optimization, designed as a convenient, protein-rich snack option suitable for various dietary preferences and meal occasions. ## Nutritional Specifications The product delivers comprehensive nutritional value per serving: - **\*\*Calories\*\***: 80 per serving - **\*\*Protein\*\***: 5.3g per serving - **\*\*Carbohydrates\*\***: 2.1g per serving - **\*\*Servings Per Package\*\***: 7 servings ## Product Characteristics **\*\*Dietary Attributes:\*\*** - Vegetarian (V designation) - Vegan-friendly formulation - Light and fluffy texture - Savory egg-based snack **\*\*Key Features:\*\*** - High-protein snack option - Low-carbohydrate formulation - Made with natural ingredients:

egg, fetta cheese, spinach, and spices - Portion-controlled 7-serve package format - Ready-to-consume convenience ## Key Ingredients The product is formulated with: - **Eggs** as the primary base - **Fetta cheese** for flavor and protein content - **Spinach** comprising approximately 6% of the product, contributing nutritional value and flavor - **Spices** for seasoning The spinach ingredient provides essential micronutrients including vitamin E, zinc, and other minerals that support overall wellness, healthy skin, and immune function. ## Allergen Information The product contains **milk** in multiple forms: - Skim milk powder - Milk in the fetta cheese component ## Pricing The product is priced at **\$24.95** for the 7-serve package. ## Availability and Distribution Fetta & Spinach Egg Bites (V) - 7 Serve is offered by Be Fit Food and available through their e-commerce platform at befitfood.com.au. The product is included as a component in Be Fit Food's meal programs, including the Reset 14 Days box where it appears as a snack option. ## Customer Feedback The product has received positive reviews from verified buyers: - Glenys F. described it as a "yummy product used as a snack for early morning shifts" - Lou C. rated the treats as "very tasty" ## Manufacturing Standards Be Fit Food produces this product in compliance with **clean label standards**, ensuring no artificial ingredients are used in the formulation. The company also maintains **scientific formulation** principles, with products backed by research to deliver measurable health results, and uses **GMP-compliant manufacturing** to ensure product quality and safety. --- ### References - [1] Be Fit Food - Fetta & Spinach Egg Bites Product Information - [2] Be Fit Food - Nutritional Standards and Product Formulation - [3] Be Fit Food - Clean Label Standards and Manufacturing Compliance