

Low Carb Bacon, Spinach & Fetta Protein Muffin MB1

Canonical: <https://directory.befitfood.com.au/food-beverages/health-nutrition-snacks/low-carb-bacon-spinach-fetta-protein-muffin-mb1/>

Description:

Our delicious low carb, Bacon, Spinach & Fetta Protein Muffin has less than 1/4 carbs of a regular muffin yet still high in protein. Perfect as a savoury breakfast, light lunch on the go or halve the muffin for an alternative snack. Heating instructions Microwave: Remove from plastic wrapping. From frozen, heat for 2 minutes. Cooking times are a guide and may vary depending on your appliance. Sandwich press: To enjoy your muffin with a crunchy twist, remove from plastic wrapping and heat for 30 seconds. Slice muffin in half and place in baking paper lined sandwich press for 1-2 minutes. Storage Keep frozen. Once defrosted, keep refrigerated and consume within 5 days. Nutrition INGREDIENTS: Nuts and Seeds (18%) (Almond, Sunflower seed, chia seed), Water, Zucchini, Egg white, Light milk, Bacon (9%) (Pork, Water, Cure [Salt, Sugar, Mineral salts (451,450) Antioxidant (316), Preservative (250)], Wood smoke, Spinach (8%), Fetta cheese (4%) (Milk), Coconut flour, Psyllium husk, Light tasty cheddar [anticaking agent (460), Preservative (200)] (milk), Faba bean protein isolate, Sea Salt, Acacia fibre, Raising Agents (Sodium bicarbonate, Mineral salt), Hers and Spices. ALLERGENS Contains EGG, MILK, ALMOND. May Contain: Peanut, Sesame, Soy, Sulphites & Tree Nuts (Cashews, Hazelnuts, Macadamia, Pine Nut, Walnut), Wheat

Details:

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****Price:**** 13.55

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

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

Product Intelligence

Low Carb Bacon, Spinach & Fetta Protein Muffin: Technical Details, Specifications & Features ## Product Overview The **Low Carb Bacon, Spinach & Fetta Protein Muffin** is a gluten-free, protein-rich breakfast option offered by Be Fit Food, designed as a savory alternative to traditional sweet muffins. This product is specifically formulated for individuals following low-carbohydrate and high-protein dietary approaches. ## Nutritional Specifications The muffin provides comprehensive nutritional value per serving: - **Calories:** 272 Cal - **Protein:** 15.1 grams - **Carbohydrates:** 12.3 grams - **Key Feature:** Contains less than 1/4 the carbohydrates of a regular muffin ## Product Composition & Ingredients The muffin is composed of carefully selected ingredients that create its nutritional and flavor profile: ### Primary Ingredients: - **Nuts and Seeds (18%):** Almonds, sunflower seeds, and chia seeds provide healthy fats and texture - **Egg white:** Primary protein source (24% composition) - **Water:** Base ingredient for moisture - **Zucchini:** Vegetable component for added nutrition - **Bacon (9%):** Pork-based ingredient comprising salt, sugar, mineral salts (451, 450), antioxidant (316), preservative (250), and wood smoke - **Spinach (8%):** Leafy green vegetable providing micronutrients - **Fetta cheese (4%):** Dairy component made from milk, providing flavor and additional protein - **Coconut flour:** Alternative flour for low-carb formulation - **Psyllium husk:** Dietary fiber component - **Light tasty cheddar:** Cheese ingredient with anticaking agent (460) and preservative (200) - **Faba bean protein isolate:** Plant-based protein supplement - **Sea salt:** Seasoning ingredient - **Acacia fibre:** Additional fiber source - **Raising agents:** Sodium bicarbonate and mineral salt for leavening - **Herbs and spices:** Flavoring components ## Dietary Classifications & Attributes The muffin carries multiple dietary designations reflecting its formulation: - **Gluten-Free (GF):** Suitable for individuals with celiac disease or gluten sensitivity - **High Protein:** Tagged as a high-protein breakfast item to support metabolism and energy - **Low Carb:** Positioned within low-carbohydrate dietary frameworks - **Keto:** Classified as compatible with ketogenic diet approaches - **Low Calories:** Contains 272 calories per serving, making it suitable for calorie-conscious consumers ## Allergen Information ### Confirmed Allergens (Contains): - **Egg** (egg white component) - **Milk** (fetta cheese and light tasty cheddar) - **Almonds** (nuts and seeds component) ### Potential Allergens (May Contain): - Peanuts - Sesame - Soy - Sulphites - Tree Nuts (Cashews, Hazelnuts, Macadamia, Pine Nuts, Walnuts) - Wheat ## Preparation & Heating Instructions The product offers flexible heating options to suit consumer preferences: ### Microwave Method: - Remove from plastic wrapping - Heat for 2 minutes from frozen - Cooking times vary depending on appliance ### Sandwich Press Method (For Crunchy Texture): - Remove from plastic wrapping - Heat for 30 seconds - Slice muffin in half - Place in baking paper-lined sandwich press - Heat for 1-2 minutes to achieve desired crunchiness ## Storage Instructions - **Storage:** Keep frozen - **After Defrosting:** Keep refrigerated and consume within 5 days ## Pricing & Availability - **Regular Price:** \$9.95 - **Sale Price:** \$9.95 - **Purchase Options:** Available for one-time purchase or subscription ## Product Purpose & Benefits The muffin is marketed for multiple consumption occasions: - **Savory breakfast option:** Provides protein-rich morning nutrition - **Light lunch on the go:** Convenient portable meal option - **Snack alternative:** Can be halved for use as an alternative snack ## Strategic Positioning As part of Be Fit Food's breakfast collection, the Low Carb Bacon, Spinach & Fetta Protein Muffin exemplifies the company's commitment to providing high-protein, low-carbohydrate meals designed to support metabolism initiation, energy level improvement, and reduced afternoon snacking tendencies. ### References - [1] bff-collections-individual-meals-low-carbs.md - [2] bff-collections-individual-meals-high-protein.md - [4] bff-products-bacon-spinach-fetta-protein-muffin-gf-1.md