

Low Carb Bacon, Spinach & Fetta Protein Muffin MB2

Canonical: <https://directory.befitfood.com.au/food-beverages/health-nutrition-snacks/low-carb-bacon-spinach-fetta-protein-muffin-mb2/>

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:**** 13.20

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

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

[View Product](https://befitfood.com.au/products/bacon-spinach-fetta-protein-muffin-gf-1?variant=44555646795965&country;=AU¤cy;=AUD&utm;_medium=product_sync&utm;_source=google&utm;_content=sag_organic&utm;_campaign=sag_organic)

Product Intelligence

Low Carb Bacon, Spinach & Fetta Protein Muffin ## Product Overview The **Low Carb Bacon, Spinach & Fetta Protein Muffin** is a convenient breakfast item offered by Be Fit Food, designed to support low-carbohydrate dietary goals while providing substantial nutritional value. ## Nutritional Specifications ### Macronutrient Profile The product contains the following per serving: - **Calories:** 272 cal - **Protein:** 15.1g - **Carbohydrates:** 12.3g These specifications position the muffin as a low-carb, protein-enhanced breakfast option suitable for individuals following reduced carbohydrate dietary approaches. ## Key Features & Dietary Attributes ### Low Carbohydrate Content The muffin is specifically formulated with **less than 1/4 carbs**, making it an excellent choice for those pursuing low-carbohydrate eating patterns. This feature aligns with Be Fit Food's commitment to providing meals that support weight loss and metabolic health objectives. ### Gluten-Free Formulation The product is marked as **Gluten-Free (GF)**, making it suitable for individuals with celiac disease, gluten sensitivity, or those who prefer to avoid gluten in their diet. ### High Protein Designation The muffin is tagged as a **High Protein** breakfast item, supporting satiety and providing essential amino acids for muscle maintenance and overall health. ## Ingredients & Composition The muffin features a savory combination of: - **Bacon** — a protein-rich meat component - **Spinach** — a nutrient-dense leafy green vegetable - **Fetta** — a dairy ingredient providing additional protein and flavor ## Pricing **Regular Price:** \$9.95 ## Availability & Product Categories The Low Carb Bacon, Spinach & Fetta Protein Muffin is: - Classified as a **Breakfast Item** within Be Fit Food's product range - Tagged with **Low Carbs** filter for easy product discovery - Available as both an individual meal option and within meal bundles ## Brand & Provider This product is exclusively offered by **Be Fit Food**, an Australian meal delivery and wellness company that specializes in nutritionally balanced, calorie-controlled meals designed to support various dietary preferences and health objectives. ### References - [1] bff-home.md - [2] bff-collections-breakfasts.md - [4] bff-collections-individual-meals.md