

Low Carb Bacon, Spinach & Fetta Protein Muffin MB3

Canonical: <https://directory.befitfood.com.au/food-beverages/health-nutrition-snacks/low-carb-bacon-spinach-fetta-protein-muffin-mb3/>

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:**** 12.50

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

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

[View Product](https://befitfood.com.au/products/bacon-spinach-fetta-protein-muffin-gf-1?variant=44555646828733&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 - Technical Details and Specifications ## Product Overview The **Low Carb Bacon, Spinach & Fetta Protein Muffin** is a savory breakfast protein muffin offered by Be Fit Food. This product is specifically engineered as a convenient meal solution suitable for breakfast, light lunch, or snacking throughout the day. Unlike traditional sweet muffin varieties, it features a distinctive savory combination of bacon, spinach, and fetta cheese. ## Nutritional Specifications ### Macronutrient Profile - **Calories**: 272 per serving - **Protein**: 15.1 grams - **Carbohydrates**: 12.3 grams (less than one-quarter of total macronutrient content) - **Servings Per Package**: 8 servings The macronutrient composition positions this muffin as a **protein-rich option** well-suited for individuals adhering to low-carbohydrate dietary approaches and those seeking convenient meal preparation options. ## Dietary Attributes The muffin is formulated with the following dietary classifications: - **Gluten-Free**: Suitable for individuals with gluten sensitivities or celiac disease - **Low Carb**: Carbohydrate content represents less than one-quarter of the total macronutrient profile - **High Protein**: Contains 15.1g of protein per serving to support muscle maintenance and satiety ## Key Ingredients The muffin comprises the following primary ingredients: | Ingredient | Composition | Function | |---|---|---| | Bacon | 9% | Flavor and protein | | Spinach | 8% | Vegetables and nutrients | | Fetta Cheese | 4% | Flavor and creamy texture | | Egg White | Primary | Protein base and structure | | Light Cheddar Cheese | Secondary | Flavor and additional protein | ### Supporting Ingredients - **Plant-Based Protein**: Faba Bean Protein Isolate - **Fiber Components**: Psyllium Husk, Acacia Fibre - **Flour Components**: Coconut Flour - **Structure & Rise**: Sodium Bicarbonate (raising agent) - **Flavor**: Herbs and spices, sea salt - **Other Components**: Light milk, zucchini ## Allergen Information **Declared Allergens**: - Egg - Milk (from fetta cheese and light cheddar cheese) - Almond (may contain) **Potential Tree Nut Allergens**: - Hazelnut - Cashew - Walnut - Macadamia - Pine Nut **Other Potential Allergens**: - Wheat - Soy - Peanut - Sesame - Sulphites ## Preparation & Storage ### Heating Methods - **Microwave**: Available as primary heating method - **Sandwich Press**: Alternative method for a crunchy texture ### Storage Instructions - **Storage Location**: Freezer - **Shelf Life**: Must be consumed within 5 days of defrosting ## Product Specifications | Specification | Detail | |---|---| | **Product Type** | Savory breakfast protein muffin | | **Brand** | Be Fit Food | | **Price** | \$9.95 per unit | | **Availability Status** | Restocking soon | | **Format** | Individual serving muffin | | **Dietary Suitability** | Low-carb diets, high-protein preferences, gluten-free diets | ## Target Consumer Profile This muffin is designed for individuals seeking: - Convenient breakfast options with high protein content - Low-carbohydrate meal solutions - Gluten-free alternatives - Savory rather than sweet breakfast items - Muscle maintenance and satiety support - Quick meal preparation options The Low Carb Bacon, Spinach & Fetta Protein Muffin represents Be Fit Food's commitment to delivering scientifically formulated, nutritionally balanced meal solutions that accommodate diverse dietary preferences and health objectives.