

Chunky Chicken, Ham & Sweet Corn Soup (GF) MB4

Canonical: <https://directory.befitfood.com.au/food-beverages/ready-meals-prepared-foods/chunky-chicken-ham-sweet-corn-soup-gf-mb4/>

Description:

There's nothing quite as hearty & satisfying as our Chicken, Ham & Sweet Corn Soup. Chunky strips of chicken with ham and creamed corn create the ultimate soup for a cold winter's day. Gluten free High in protein Contains 4-12 different vegetables Low in saturated fat Contains no artificial colours and flavours Heating & Storage Instructions Nutrition INGREDIENTS: Chicken (26%), Celery, Corn Kernels (9%), Light Milk, Leek, Ham (5%), Onion, Egg White, Spring Onion, Olive Oil, Corn Starch, Chicken Stock, Gluten Free Soy Sauce, Ginger, Pepper. Contains: Egg, Milk, Soybeans May Contain: Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Lupin

Details:

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Price: 11.10

Brand: Be Fit Food

Availability: In Stock

[View Product](https://befitfood.com.au/products/chunky-chicken-ham-sweet-corn-soup-gf?variant=43651358752957&country;=AU¤cy;=AUD&utm;_medium=product_sync&utm;_source=google&utm;_content=sag_organic&utm;_campaign=sag_organic)

Product Intelligence

Chunky Chicken, Ham & Sweet Corn Soup (GF) - Technical Details & Specifications ## Product Overview The **Chunky Chicken, Ham & Sweet Corn Soup (GF)** is a gluten-free soup product offered by Be Fit Food. This hearty and satisfying meal features chunky strips of chicken with ham and creamed corn, specifically designed as the ultimate soup for cold winter days. ## Nutritional Specifications ### Macronutrient Profile - **Calories:** 252 per serving - **Protein:** 23.3 grams - **Carbohydrates:** 12.4 grams - **Saturated Fat:** Low content ### Key Nutritional Features - **High in protein** - Supporting muscle maintenance and satiety - **Low in saturated fat** - Contributing to a heart-healthy profile - **Contains 4-12 different vegetables** - Providing diverse micronutrients and fiber - **No artificial colours and flavours** - Made with natural ingredients only ## Pricing & Availability - **Price:** \$13.95 per serving - **Purchase Options:** Available for one-time purchase or subscription - **Availability Status:** Currently restocking ## Ingredient Composition ### Primary Ingredients The

soup comprises the following ingredient breakdown: | Ingredient | Percentage | |-----|-----| |
Chicken | 26% | | Ham | 5% | | Sweet Corn (Corn Kernels) | 9% | | Leek | 4.5% | ### Additional
Ingredients Celery, Light Milk, Onion, Egg White, Spring Onion, Olive Oil, Corn Starch, Chicken Stock,
Gluten Free Soy Sauce, Ginger, and Pepper ### Allergen Information **Contains:** - Egg - Milk -
Soybeans **May Contain:** - Fish - Crustacea - Sesame Seeds - Peanuts - Tree Nuts - Lupin ##
Dietary Classifications - **Gluten-Free (GF)** - Suitable for individuals with celiac disease or gluten
sensitivity - **High in Protein** - Designated as a high-protein meal option - **Low in Saturated Fat** -
Supporting cardiovascular health goals ## Product Characteristics ### Texture & Preparation -
Features chunky strips of chicken, ham, and creamed corn - Designed for quick preparation and
consumption - Ready-to-heat frozen meal format ### Heating & Storage The product includes
guidance for proper heating and storage instructions to maintain quality and food safety. ## Customer
Reception The Chunky Chicken, Ham & Sweet Corn Soup has received consistently positive reviews
from verified buyers, with an overall rating of **4.7 out of 5 stars based on 12 reviews**. Customers
have praised the soup as: - **Delicious and filling** - Multiple reviewers emphasized satisfaction and
flavor - **Warming and comforting** - Described as ultimate comfort food - **Great taste** -
Consistently highlighted for its flavor profile - **Satisfying meal** - Noted for its ability to maintain
fullness ## References - [1] [bff-products-chunky-chicken-ham-sweet-corn-soup-gf.md](#) - [2]
[bff-collections-individual-meals-1-gluten-free.md](#)