

# Chunky Chicken, Ham & Sweet Corn Soup (GF) MB5

Canonical: <https://directory.befitfood.com.au/food-beverages/ready-meals-prepared-foods/chunky-chicken-ham-sweet-corn-soup-gf-mb5/>

## 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:** 11.99

**Brand:** Be Fit Food

**Availability:** In Stock

[View Product]([https://befitfood.com.au/products/chunky-chicken-ham-sweet-corn-soup-gf?variant=45249310851261&country;=AU&currency;=AUD&utm;\\_medium=product\\_sync&utm;\\_source=google&utm;\\_content=sag\\_organic&utm;\\_campaign=sag\\_organic](https://befitfood.com.au/products/chunky-chicken-ham-sweet-corn-soup-gf?variant=45249310851261&country;=AU&currency;=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, and Features ## Product Overview **Chunky Chicken, Ham & Sweet Corn Soup (GF)** is a gluten-free soup product offered by Be Fit Food, designed as a hearty and satisfying meal option featuring chunky strips of chicken, ham, and creamed corn. ## Nutritional Specifications The soup provides excellent nutritional value with the following per-serving composition: - **Calories**: 252 - **Protein**: 23.3 grams - **Carbohydrates**: 12.4 grams - **Dietary Profile**: Low in saturated fat, high in protein, low glycemic index ## Key Features and Attributes ### Dietary Classifications - **Gluten Free**: Certified gluten-free formulation suitable for those with celiac disease or gluten sensitivity - **High in Protein**: Contains substantial protein content to support satiety and nutritional goals - **Vegetable Content**: Contains 4-12 different vegetables as part of its nutritious composition ### Quality Standards - Contains no artificial colours and flavours - Low in saturated fat - Clean label formulation with real food ingredients

## Ingredient Composition The soup contains the following primary ingredients: - **Chicken** (26% of product) - **Sweet Corn Kernels** (9% of product) - Ham (5%) - Celery, Light Milk, Leek, Egg White, Spring Onion - Olive Oil, Corn Starch, Chicken Stock - Gluten Free Soy Sauce, Ginger, Pepper ### Allergen Information **Contains**: Egg, Milk, Soybeans **May Contain**: Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Lupin ## Pricing and Purchase Options - **Regular Price**: \$13.95 per serving - **Purchase Methods**: - One-time purchase at \$13.95 - Subscription option at \$13.95 with flexible modification or cancellation ## Customer Reception The product has received strong customer approval with a **4.7-star rating based on 12 reviews**. Customers have praised the soup for being: - **Delicious and filling**: Multiple verified buyers describe it as satisfying and great-tasting - **Convenient**: Easy to heat and consume - **Effective for weight maintenance**: Customers report it helps them maintain their weight goals Representative customer feedback highlights include descriptions such as "really really delicious and satisfying soup" and "so warming and delicious. Ultimate comfort food!" ## Product Entities **Organization**: Be Fit Food **Product Category**: Individual Meals - Soups **Dietary Tags**: Gluten-Free, High Protein --- ### References - [1] bff-products-chunky-chicken-ham-sweet-corn-soup-gf.md - [2] bff-products-28-meal-bundle-vegetarian-set-box.md - [4] bff-collections-individual-meals-1-gluten-free.md