

Chunky Chicken, Ham & Sweet Corn Soup (GF) MP2

Canonical: <https://directory.befitfood.com.au/food-beverages/ready-meals-prepared-foods/chunky-chicken-ham-sweet-corn-soup-gf-mp2/>

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: 11.40

Brand: Be Fit Food

Availability: In Stock

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Product Intelligence

Chunky Chicken, Ham & Sweet Corn Soup (GF) - Technical Details and Specifications ## Product Overview The **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. This soup features chunky strips of chicken with ham and creamed corn, making it an ideal comfort food choice. ## 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** - Aligned with heart-healthy dietary goals - **Good source of dietary nutrients** - Contains multiple vegetable components ## Ingredient Composition The soup contains a carefully selected ingredient list: **Primary Ingredients**: Chicken (26%) - Corn Kernels (9%) - Ham (5%) **Supporting Ingredients**: Celery - Light Milk - Leek - Egg White - Spring Onion - Olive Oil - Corn Starch - Chicken Stock - Gluten Free Soy

Sauce - Ginger - Pepper - Onion ### Allergen Information **Contains:** Egg, Milk, Soybeans **May Contain:** Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Lupin ## Dietary Attributes - **Gluten Free (GF)**: Suitable for those with gluten sensitivities or celiac disease - **Vegetable Content**: Contains 4-12 different vegetables - **Sodium Control**: Formulated to manage sodium intake - **No Artificial Additives**: Contains no artificial colours and flavours ## Pricing and Purchase Options - **Regular Price**: \$13.95 per serving - **Purchase Methods**: - One-time purchase option available - Subscription purchase option available ## Customer Satisfaction Metrics The product maintains a strong customer rating of **4.7 out of 5 stars**, based on 12 verified customer reviews. Customers consistently praise the soup for its: - Delicious taste and flavor profile - Satisfying and filling nature - Comforting qualities - Quality and palatability ## Key Product Features - **Hearty & Satisfying**: Designed as a complete meal replacement - **Convenience**: Ready-to-heat meal format - **High Protein Content**: Supports nutritional goals with 23.3g protein per serving - **Low Carbohydrate**: At 12.4g carbs, suitable for various dietary approaches - **Convenience-Focused**: Requires minimal preparation with heating and storage instructions provided ## Heating and Storage The product includes detailed heating and storage instructions to maintain quality and food safety standards. ### References - [1] bff-products-chunky-chicken-ham-sweet-corn-soup-gf.md - [3] bff-collections-individual-meals-1-gluten-free.md