

Chunky Chicken, Ham & Sweet Corn Soup (GF) MP6

Canonical: <https://directory.befitfood.com.au/food-beverages/ready-meals-prepared-foods/chunky-chicken-ham-sweet-corn-soup-gf-mp6/>

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: 10.15

Brand: Be Fit Food

Availability: In Stock

[View Product](https://befitfood.com.au/products/chunky-chicken-ham-sweet-corn-soup-gf?variant=43456578322621&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 **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 featuring chunky pieces of chicken, ham, and sweet corn as primary ingredients. ## Nutritional Specifications The product delivers balanced macronutrients per serving: - **Calories**: 252 - **Protein**: 23.3 grams - **Carbohydrates**: 12.4 grams ## Key Features & Attributes ### Dietary Certifications - **Gluten-Free**: Formulated to meet gluten-free dietary requirements - **High in Protein**: Contains substantial protein content suitable for fitness and weight management goals - **Low in Saturated Fat**: Supports heart-healthy dietary choices - **Clean Label**: Contains no artificial colours and flavours ### Nutritional Composition - **Vegetable Content**: Contains 4-12 different vegetables per serving, providing diverse micronutrients - **Protein Source**: Combines chicken (26%), ham (5%), and egg white to achieve high protein levels

Ingredients The soup is composed of: 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, and Pepper. ### Allergen Information **Contains**: Egg, Milk, Soybeans **May Contain**: Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Lupin ## Pricing & Purchase Options - **Price**: \$13.95 per serving - **Purchase Methods**: Available for both one-time purchase and subscription options ## Product Description The soup is characterized as "hearty & satisfying," with chunky strips of chicken combined with ham and creamed corn, creating an ultimate comfort soup experience suitable for cold winter days. ## Customer Reception The product has received strong customer feedback with a **4.7-star rating** based on 12 customer reviews, with customers praising its delicious taste, satisfying nature, and quality ingredients. ### References - [1] bff-products-chunky-chicken-ham-sweet-corn-soup-gf.md - [2] bff-collections-individual-meals-1-gluten-free.md