

Chunky Chicken, Ham & Sweet Corn Soup (GF) MP7

Canonical: <https://directory.befitfood.com.au/food-beverages/ready-meals-prepared-foods/chunky-chicken-ham-sweet-corn-soup-gf-mp7/>

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:**** 13.05

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

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

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 prepared soup meal offered by Be Fit Food. This hearty and satisfying soup combines chunky strips of chicken with ham and creamed corn, making it an ideal option for those seeking a nutritious, convenient meal. ## Nutritional Specifications The soup delivers excellent nutritional value per serving: - **Calories**: 252 kcal - **Protein**: 23.3 grams - **Carbohydrates**: 12.4 grams - **Dietary Classification**: High in protein, low in saturated fat ## Key Features ### Dietary Attributes - **Gluten-Free**: Certified gluten-free formulation suitable for those with celiac disease or gluten sensitivity - **Contains 4-12 Different Vegetables**: Provides diverse nutritional benefits - **Low in Saturated Fat**: Supports cardiovascular health - **No Artificial Colours and Flavours**: Made with natural ingredients ### Product Composition The soup's ingredient profile includes: - **Chicken** (26%): Primary protein source - **Ham** (5%): Additional protein ingredient - **Corn Kernels** (9%): Sweet corn component - **Supporting Ingredients**: Celery, light milk, leek, 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 & Availability - ****Regular Price****: \$13.95 per serving - ****Purchase Options****: - One-time purchase at \$13.95 - Subscription option at \$13.95 - Currently restocking soon ## Customer Reception
The product has received strong customer reviews with a ****4.7-star rating based on 12 reviews****.
Customers consistently praise the soup for: - Delicious taste and great flavour - Satisfying and filling nature - Quality ingredients - Comfort food appeal Notable customer feedback includes descriptions such as "really delicious and satisfying," "full of flavour," and "great taste that fills you up." ###
References - [1] [bff-products-chunky-chicken-ham-sweet-corn-soup-gf.md](#) - [2] [bff-collections-individual-meals-1-gluten-free.md](#)