

Cottage Pie with Cauliflower Mash (GF) MB1

Canonical: <https://directory.befitfood.com.au/food-beverages/ready-meals-prepared-foods/cottage-pie-with-cauliflower-mash-gf-mb1/>

Description:

A hearty low carb take on a classic comfort food, our Cottage Pie with Cauliflower Mash delivers on both comfort and flavour without the calories. Made with tender lean mince filling and a creamy cauliflower mash topping, this dish is a hearty and satisfying meal. Gluten free Good source of protein (25g per serve) Excellent source of dietary fibre Contains 8 different vegetables Contains grass-fed beef Heating & Storage Instructions Nutrition Ingredients: Beef Mince (22%), Cauliflower (19%) (Cauliflower, Turmeric Powder), Diced Tomato (Tomato, Citric Acid), Cannellini Beans, Potato, Mushroom, Green Peas, Carrot, Onion, Zucchini, Egg White, Tasty Cheese, Beef Stock, Tomato Paste, Ricotta Cheese, Gluten Free Soy Sauce, Parmesan Cheese, Pepper, Garlic, Rice Vinegar, Olive Oil, Corn Starch, Thyme, Pink Salt. Allergens: Egg, Milk, Soybeans May Contain: Fish, Crustacea, Sesame Seeds, Tree Nuts, Peanuts, Lupin

Details:

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Price: 13.55

Brand: Be Fit Food

Availability: In Stock

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Product Intelligence

Cottage Pie with Cauliflower Mash (GF) - Technical Details & Specifications ## Product Overview The **Cottage Pie with Cauliflower Mash (GF)** is a hearty, low-carbohydrate comfort food meal offered by Be Fit Food. It represents a modern interpretation of the classic cottage pie, designed to meet contemporary nutritional requirements while delivering traditional comfort food satisfaction. ## Nutritional Specifications ### Macronutrient Profile - **Calories**: 260 per serving - **Protein**: 25.8g

per serving - **Carbohydrates**: 14.7g per serving These nutritional values make it suitable for individuals following low-carbohydrate and ketogenic dietary approaches, while the high protein content supports muscle maintenance and satiety. **Dietary Classification & Features** **Certifications & Tags** - **Gluten-Free (GF)**: Certified gluten-free formulation, making it safe for individuals with celiac disease and gluten sensitivity - **Low Carb**: Contains significantly reduced carbohydrate content compared to traditional cottage pie - **High Protein**: Provides 25g of protein per serving, positioning it as a quality protein source - **Keto-Compatible**: Suitable for ketogenic meal plans **Key Features** - **Good source of protein** (25g per serve) - **Excellent source of dietary fibre** - **Contains 8 different vegetables** for nutritional diversity - **Contains grass-fed beef** for quality protein sourcing - **Ready-to-heat convenience**: Requires only five minutes to prepare **Ingredient Composition** **Primary Components by Percentage** **Filling Components**: - **Beef Mince (22%)**: Sourced from grass-fed cattle, providing the primary protein foundation and savory flavor base **Topping**: - **Cauliflower (19%)**: Mixed with turmeric powder to create the creamy mash topping, replacing traditional potato for carbohydrate reduction **Additional Ingredients** The complete ingredient list includes: Diced Tomato, Cannellini Beans, Potato, Mushroom, Green Peas, Carrot, Onion, Zucchini, Egg White, Tasty Cheese, Beef Stock, Tomato Paste, Ricotta Cheese, Gluten-Free Soy Sauce, Parmesan Cheese, Pepper, Garlic, Rice Vinegar, Olive Oil, Corn Starch, Thyme, and Pink Salt. **Allergen Information** **Primary Allergens** - **Egg** - **Milk** (from cheese ingredients including tasty cheese, ricotta cheese, and parmesan cheese) - **Soybeans** (from gluten-free soy sauce) **May Contain (Cross-Contamination Risk)** - Fish - Crustacea - Sesame Seeds - Tree Nuts - Peanuts - Lupin **Pricing & Availability** - **Price**: \$13.95 AUD per individual meal - **Subscription Option**: Available for \$13.95 with subscription flexibility (modify or cancel anytime) - **Format**: Individual single-serve meal **Product Category** The Cottage Pie with Cauliflower Mash (GF) is classified within Be Fit Food's **Individual Meals** collection, designed for customers seeking convenient, nutritionally balanced meals that require minimal preparation time. **Customer Reception** The product has received multiple verified customer reviews with generally positive feedback. Customers have described it as "yummy," "great tasting," "satisfying," "delicious," and "super tasty," with particular appreciation for its suitability as a cold-night comfort meal. --- **References** - [1] bff-products-cottage-pie-with-cauliflower-mash-gf-1.md - [2] bff-collections-individual-meals-1-low-calories.md - [3] bff-collections-individual-meals-1-low-carbs.md