

# Cottage Pie with Cauliflower Mash (GF) MP6

Canonical: <https://directory.befitfood.com.au/food-beverages/ready-meals-prepared-foods/cottage-pie-with-cauliflower-mash-gf-mp6/>

## 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:\*\*** 10.15

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

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

[View Product]([https://befitfood.com.au/products/cottage-pie-with-cauliflower-mash-gf-1?variant=43456575045821&country;=AU&currency;=AUD&utm;\\_medium=product\\_sync&utm;\\_source=google&utm;\\_content=sag\\_organic&utm;\\_campaign=sag\\_organic](https://befitfood.com.au/products/cottage-pie-with-cauliflower-mash-gf-1?variant=43456575045821&country;=AU&currency;=AUD&utm;_medium=product_sync&utm;_source=google&utm;_content=sag_organic&utm;_campaign=sag_organic))

## Product Intelligence

# Cottage Pie with Cauliflower Mash (GF) - Technical Details and Specifications ## Product Overview

**\*\*Cottage Pie with Cauliflower Mash (GF)\*\*** is a gluten-free, low-carbohydrate individual meal product offered by Be Fit Food. This dish represents a contemporary interpretation of the classic comfort food cottage pie, wherein the traditional potato topping has been replaced with cauliflower mash to reduce carbohydrate content while maintaining nutritional value and satiety. ## Nutritional Profile The meal

features impressive nutritional specifications tailored for health-conscious consumers: - **Calories**: 260 per serving - **Protein**: 25.8 grams - **Carbohydrates**: 14.7 grams - **Composition**: Lean beef mince filling topped with cauliflower mash (comprising 19% of the dish) This nutritional profile makes it particularly suitable for individuals following low-carbohydrate or gluten-free dietary regimens, and it qualifies as a **high-protein meal option**. ## Key Features and Attributes ### Dietary Specifications - **Gluten-Free (GF)**: Contains no gluten, making it safe for individuals with celiac disease, gluten sensitivity, or those preferring to avoid gluten - **Low-Carb**: With only 14.7g of carbohydrates per serving, it meets low-carb dietary criteria - **High-Protein**: Delivers 25.8g of protein per serving to support muscle maintenance and satiety ### Ingredient Components The meal incorporates several key ingredients: - **Cauliflower Mash**: The primary topping ingredient providing a creamy texture - **Grass-Fed Beef**: The source of lean beef mince used in the filling - **Tasty Cheese**: Integrated into the dish for flavor enhancement - **Garlic**: Included as a flavoring ingredient - **Olive Oil**: Used as a cooking ingredient - **Turmeric Powder**: A spice ingredient component mixed with cauliflower ### Allergen Information The product contains **Egg White** as an allergen ingredient. ## Pricing and Availability - **Price**: \$13.95 per unit - **Format**: Individual meal serving (374g) - **Purchase Options**: Available for both one-time purchase and subscription ## Product Categorization The Cottage Pie with Cauliflower Mash (GF) is categorized as: - **Individual Meals**: Part of Be Fit Food's prepared meal collection - **Keto Meals**: Included in the keto meals collection offered by Be Fit Food - **Comfort Food**: Designed as a satisfying comfort food option with modern nutritional considerations ## Customer Reception Customer reviews reflect positive feedback with ratings averaging **4 out of 5 stars** based on 12 reviews, indicating strong consumer satisfaction with the product's quality and taste.