

Cottage Pie with Cauliflower Mash (GF) MP7

Canonical: <https://directory.befitfood.com.au/food-beverages/ready-meals-prepared-foods/cottage-pie-with-cauliflower-mash-gf-mp7/>

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:**** 13.05

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

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

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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 prepared meal offered by Be Fit Food. This dish represents a modern, health-conscious interpretation of the classic comfort food cottage pie, distinguishing itself by replacing the traditional potato topping with cauliflower mash to reduce carbohydrate content while maintaining nutritional value and satiety. ## Nutritional

Specifications The meal delivers comprehensive nutritional information per serving: - **Calories:** 260 - **Protein:** 25.8g (excellent source of protein) - **Carbohydrates:** 14.7g - **Dietary Fiber:** Excellent source **Key Features** **Dietary Attributes** - **Gluten-Free (GF):** Certified gluten-free formulation suitable for individuals with celiac disease and gluten sensitivity - **Low-Carbohydrate:** Designed for low-carb dietary preferences - **High-Protein:** Contains 25g of protein per serving, supporting muscle maintenance and satiety **Ingredient Composition** The meal is crafted from whole food ingredients, including: **Main Components:** - Beef Mince (22%) - Cauliflower (19%) with Turmeric Powder - Diced Tomato (Tomato, Citric Acid) - Cannellini Beans **Vegetable Content:** Contains 8 different vegetables including Potato, Mushroom, Green Peas, Carrot, Onion, and Zucchini **Additional Ingredients:** 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 **Quality Standards** - **Grass-Fed Beef:** Contains grass-fed beef in the mince filling - **No Added Sugars:** Formulated without added sugars or artificial sweeteners - **Whole Food Ingredients:** Prepared using real food ingredients **Price and Availability** **Regular Price:** \$13.95 AUD per serving **Purchase Options:** - One-time purchase - Subscription delivery option available **Allergen Information** **Contains:** Egg, Milk, Soybeans **May Contain:** Fish, Crustacea, Sesame Seeds, Tree Nuts, Peanuts, Lupin **Customer Reception** The product has received consistent positive reviews from verified buyers, with customers describing it as: - Yummy and great tasting - Very filling and satisfying - Super tasty and satisfying on a cold night - One of their favorite meals The meal maintains a strong customer rating based on verified purchase reviews. **Heating and Storage** The product includes provided heating and storage instructions for optimal preparation and food safety. **References** - [1] bff-products-cottage-pie-with-cauliflower-mash-gf-1.md