

Curried Pumpkin & Chicken Soup (GF) MB2

Canonical: <https://directory.befitfood.com.au/food-beverages/ready-meals-prepared-foods/curried-pumpkin-chicken-soup-gf-mb2/>

Description:

Pumpkin, leek, carrot and sweet potato blended with aromatic curry spices takes this wholesome soup to a new level. Pieces of hand cut chicken breast in this soup soak up the delicate flavours, warming you from within. Good source of dietary fibre Good source of protein Contains less than 500mg sodium per serve Low in saturated fat Contains 4-12 different vegetables Contains no artificial colours and flavours Heating & Storage Instructions Nutrition INGREDIENTS: Pumpkin (30%), Chicken (24%), Leek, Sweet Potato, Carrot, Onion, Olive Oil, Chicken Stock, Fresh Coriander, Curry Powder, Garlic, Pink Salt, Cumin, Pepper. May Contain: Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Egg, Milk, Soybeans, Lupin

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****Price:**** 13.20

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

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

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Product Intelligence

Curried Pumpkin & Chicken Soup (GF) - Technical Details & Specifications ## Product Overview ****Curried Pumpkin & Chicken Soup (GF)**** is a gluten-free soup product offered by Be Fit Food. This ready-to-eat meal combines wholesome ingredients with convenient preparation, making it suitable for customers seeking nutritious dining options that accommodate gluten-free dietary requirements. ## Nutritional Profile The soup provides comprehensive nutritional information per serving: - ****Calories****: 249 - ****Protein****: 21.4 grams - ****Carbohydrates****: 15.5 grams These macronutrient values position the soup as a protein-rich option suitable for various dietary preferences and fitness goals. ## Key Ingredients & Composition The soup is crafted with a carefully selected blend of ingredients: - ****Pumpkin**** (30% of product composition) - provides creamy texture and natural sweetness -

Chicken - lean protein source - **Leek** - blended into the vegetable base - **Carrot** - blended into the vegetable base - **Sweet Potato** - blended into the vegetable base - **Chicken Stock** - forms the foundational broth - **Curry Spices** - aromatic blend creating the distinctive flavor profile - **Onion** - included as a key ingredient - **Olive Oil** - cooking medium and healthy fat source - **Pepper** - seasoning ingredient - **Pink Salt** - seasoning ingredient ## Dietary Classifications - **Gluten-Free (GF)**: Formulated and certified as gluten-free, suitable for individuals with celiac disease or gluten sensitivity ## Pricing - **Price**: \$13.95 per serving ## Customer Satisfaction The product has achieved exceptional customer reception: - **Average Rating**: 4.9 stars (out of 5) - **Number of Reviews**: 17 verified customer reviews This high rating demonstrates strong customer satisfaction and product quality endorsement. ## Notable Customer Feedback **Belinda B.** (verified customer, 06/10/23) described the soup as "one of their favorites," indicating strong personal preference and repeat purchase potential. **Khardeja (Karlee) N.** (verified customer, 19/09/23) praised the meal's convenience, noting that it makes it easier to prepare quick heated meals. These reviews highlight both the flavor appeal and practical convenience value of the product. --- ### References This response is based entirely on the Knowledge Graph data provided regarding the Curried Pumpkin & Chicken Soup (GF) entity and its related attributes, ingredients, and customer reviews.