

# Curried Pumpkin & Chicken Soup (GF) MB4

Canonical: <https://directory.benefitfood.com.au/food-beverages/ready-meals-prepared-foods/curried-pumpkin-chicken-soup-gf-mb4/>

## 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:** 11.10

**Brand:** Be Fit Food

**Availability:** In Stock

[View Product]([https://benefitfood.com.au/products/curried-pumpkin-chicken-soup-gf-1?variant=43651359932605&country=AU&currency=AUD&utm\\_medium=product\\_sync&utm\\_source=google&utm\\_content=sag\\_organic&utm\\_campaign=sag\\_organic](https://benefitfood.com.au/products/curried-pumpkin-chicken-soup-gf-1?variant=43651359932605&country=AU&currency=AUD&utm_medium=product_sync&utm_source=google&utm_content=sag_organic&utm_campaign=sag_organic))

## Product Intelligence

# Curried Pumpkin & Chicken Soup (GF) - Technical Details, Specifications, and Features ## Product Overview **Curried Pumpkin & Chicken Soup (GF)** is a gluten-free soup product offered by Be Fit Food. This wholesome meal combines pumpkin, leek, carrot, and sweet potato blended with aromatic curry spices, complemented by pieces of hand-cut chicken breast that soak up the delicate flavours. ## Nutritional Specifications The soup provides balanced macronutrient composition per serving: - **Calories:** 249 - **Protein:** 21.4 grams - **Carbohydrates:** 15.5 grams - **Dietary Fibre:** Good source - **Saturated Fat:** Low - **Sodium:** Less than 500mg per serve ## Ingredient Composition The product is formulated with the following primary ingredients: - **Pumpkin:** 30% (primary ingredient) - **Chicken:** 24% - **Leek:** Included in blend - **Sweet Potato:** Included in blend -

**\*\*Carrot\*\***: Included in blend - **\*\*Onion\*\*** - **\*\*Olive Oil\*\*** - **\*\*Chicken Stock\*\*** - **\*\*Fresh Coriander\*\*** - **\*\*Curry Powder\*\***: Aromatic spice component - **\*\*Garlic\*\*** - **\*\*Pink Salt\*\*** - **\*\*Cumin\*\*** - **\*\*Pepper\*\*** ##  
Dietary Classifications The soup carries the following dietary designations: - **\*\*Gluten-Free (GF)\*\***: Certified gluten-free formulation suitable for individuals with celiac disease or gluten sensitivity - **\*\*Vegetable Content\*\***: Contains 4-12 different vegetables - **\*\*Artificial Additives\*\***: Contains no artificial colours and flavours - **\*\*Quality Indicators\*\***: Good source of dietary fibre and protein ## Allergen Information **\*\*May Contain\*\***: Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Egg, Milk, Soybeans, Lupin ## Pricing and Purchase Options - **\*\*Price\*\***: \$13.95 per serving - **\*\*Purchase Formats\*\***: Available for one-time purchase or subscription options ## Key Features and Benefits - **\*\*Flavour Profile\*\***: Mild curry flavour with aromatic spices and wholesome vegetables - **\*\*Texture\*\***: Features shredded chicken pieces suspended in a blended vegetable base - **\*\*Satisfaction\*\***: Good protein content and high vegetable intake support satiety - **\*\*Health Attributes\*\***: Low in saturated fat, high in dietary fibre, controlled sodium levels - **\*\*Convenience\*\***: Ready-to-eat snap-fresh frozen meal requiring simple heating ## Product Bundle Inclusions The Curried Pumpkin & Chicken Soup appears across multiple Be Fit Food meal programs and bundles, including: - 7 Meal Bundle | Favourites Pre-Selected Box - 28 Meal Bundle - Reset 7 Days box - Reset 7 Days - Continental Pre-Selected Box - Reset 14 Days box - Reset 14 Days - Gluten Free Pre-Selected Box ## Customer Reception The product has received consistently positive customer feedback with a 4.9-star rating based on 17 verified reviews, with customers praising its flavour intensity, satisfying nature, and versatility as a winter warmer or lunch option. ### References - [1] bff-products-curried-pumpkin-chicken-soup-gf-1.md