

Curried Pumpkin & Chicken Soup (GF) MB5

Canonical: <https://directory.befitfood.com.au/food-beverages/ready-meals-prepared-foods/curried-pumpkin-chicken-soup-gf-mb5/>

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:**** 11.99

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

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

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Product Intelligence

Curried Pumpkin & Chicken Soup (GF) - Technical Details, Specifications & Features ## Product Overview ****Curried Pumpkin & Chicken Soup (GF)**** is a gluten-free soup product offered by Be Fit Food. This wholesome soup combines pumpkin, leek, carrot, and sweet potato blended with aromatic curry spices, complemented by pieces of hand-cut chicken breast that absorb the delicate flavors. ## Nutritional Specifications The soup delivers the following nutritional profile per serving: - ****Calories:**** 249 kcal - ****Protein:**** 21.4g - ****Carbohydrates:**** 15.5g - ****Dietary Fiber:**** Good source - ****Sodium:**** Less than 500mg per serve - ****Saturated Fat:**** Low content ## Key Features & Benefits The Curried Pumpkin & Chicken Soup (GF) is characterized by several notable attributes: - ****Gluten-Free Certification:**** Formulated to meet gluten-free dietary requirements - ****Good Source of Protein:****

Contains 21.4g per serving, supporting muscle maintenance and satiety - **Good Source of Dietary Fiber:** Supports digestive health - **Low Sodium Content:** Contains less than 500mg sodium per serve - **Low in Saturated Fat:** Aligns with heart-healthy nutritional guidelines - **Vegetable Content:** Contains 4-12 different vegetables - **No Artificial Additives:** Contains no artificial colours and flavours ## Ingredient Composition **Primary Ingredients:** - Pumpkin (30%) - Chicken (24%) - Leek - Sweet Potato - Carrot - Onion - Olive Oil - Chicken Stock - Fresh Coriander - Curry Powder - Garlic - Pink Salt - Cumin - Pepper **Potential Allergens (May Contain):** Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Egg, Milk, Soybeans, Lupin ## Pricing & Availability - **Price:** \$13.95 per serving - **Portion Format:** Single serving container - **Subscription Option:** Available for automatic delivery on a customizable schedule ## Sensory Characteristics Customer reviews consistently highlight the soup's sensory qualities: - Mild curry flavour profile - Shredded chicken pieces that absorb the delicate curry spices - Warming and comforting eating experience - Flavorful and satisfying taste profile ### References - [1] bff-products-currried-pumpkin-chicken-soup-gf-1.md