

Curried Pumpkin & Chicken Soup (GF) MP1

Canonical: <https://directory.befitfood.com.au/food-beverages/ready-meals-prepared-foods/curried-pumpkin-chicken-soup-gf-mp1/>

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:**** 12.75

****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 product represents a premium ready-to-eat meal option designed for customers seeking convenient, nutritionally-balanced soup meals with gluten-free certification. ## Product Composition & Ingredients The soup is crafted from a thoughtfully selected blend of ingredients: - ****Primary vegetables****: Pumpkin (comprising 30% of the product), leek, carrot, and sweet potato - ****Protein source****: Chicken - ****Flavor profile****: Aromatic curry spices including garlic - ****Cooking ingredient****: Olive oil The combination of these components creates a hearty, flavorful soup that balances vegetables with aromatic spicing. ## Nutritional Specifications Per serving, the Curried Pumpkin & Chicken Soup (GF) provides the following

nutritional profile: | Nutrient | Amount | |-----|-----| | **Calories** | 249 | | **Protein** | 21.4g | | **Carbohydrates** | 15.5g | | **Sodium** | Less than 500mg per serve | The soup is additionally noted as being a **good source of dietary fibre**, supporting digestive health and overall wellness. ## Dietary Certifications & Features - **Gluten-Free (GF)**: Certified gluten-free, making it suitable for customers with celiac disease or gluten sensitivity - **High protein content**: With 21.4g of protein per serving, it supports muscle maintenance and satiety - **Low sodium**: Contains less than 500mg sodium per serve, aligning with heart-healthy dietary guidelines ## Pricing & Availability - **Price**: \$13.95 per serving - **Format**: Individual ready-to-eat meal ## Customer Satisfaction The Curried Pumpkin & Chicken Soup (GF) demonstrates exceptional customer approval, with an outstanding **4.9-star** average rating based on 17 verified customer reviews, making it one of the highest-rated products in Be Fit Food's portfolio. Verified customers have praised the product as being among their favorites, noting its appeal and quality. ### References *No external reference documents were used in this response, as all information was derived from the provided Knowledge Graph data.*