

Curried Pumpkin & Chicken Soup (GF) MP2

Canonical: <https://directory.befitfood.com.au/food-beverages/ready-meals-prepared-foods/curried-pumpkin-chicken-soup-gf-mp2/>

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:**** 11.40

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

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

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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 soup 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 flavors. ## Nutritional Specifications ### Macronutrients per Serving - ****Calories:**** 249 kcal - ****Protein:**** 21.4 grams - ****Carbohydrates:**** 15.5 grams - ****Dietary Fibre:**** Good source ### Key Nutritional Features - ****Low Saturated Fat:**** Minimal saturated fat content - ****Low Sodium:**** Contains less than 500mg sodium per serve - ****High Protein:**** Excellent source of protein at 21.4g per serving - ****Low Glycemic Index:**** Supports stable blood sugar levels ## Key Ingredients The soup is composed of: - ****Pumpkin****

(30%) - Primary vegetable base - **Chicken** (24%) - Hand-cut chicken breast - **Leek** (4.5%) - Aromatic vegetable - **Sweet Potato** - Root vegetable for nutrition and texture - **Carrot** - Additional vegetable content - **Onion** - Flavor base - **Olive Oil** - Healthy fat source - **Chicken Stock** - Liquid base - **Fresh Coriander** - Herb flavoring - **Curry Powder** - Aromatic spice blend - **Garlic** - Flavor component - **Pink Salt** - Mineral seasoning - **Cumin** - Spice ingredient - **Pepper** - Seasoning ### Allergen Information **Contains:** Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Egg, Milk, Soybeans, Lupin (may contain) ## Dietary Classification & Features ### Dietary Certifications - **Gluten-Free:** Suitable for individuals with celiac disease or gluten sensitivity - **No Artificial Colours and Flavours:** Clean ingredient list - **Vegetable Content:** Contains 4-12 different vegetables ### Health & Wellness Attributes - Good source of dietary fibre - Good source of protein - Low in saturated fat - Suitable for weight management goals - Portion-controlled serving ## Pricing & Availability - **Price:** \$13.95 per serving (AUD) - **Purchase Options:** One-time purchase or subscription available - **Subscription Details:** Automatic delivery on customizable schedule with no obligation; modify or cancel anytime ## Product Quality Indicators ### Customer Satisfaction - **Average Rating:** 4.9 out of 5 stars - **Review Count:** 17 verified customer reviews - **Customer Feedback:** Consistently praised for flavor intensity, wholesome ingredients, and satisfying nature ### Customer Review Highlights - "Mild curry flavour with shredded chicken pieces. Delicious" - "This soup has so much flavour" - "Unbelievably Tasty" with "full body flavour" - "Nice taste and filling. Very enjoyable" - "Great winter lunch. Nice flavour" - Customers note it as a personal favorite soup option ## Spice Level - **Chilli Rating:** Not explicitly rated in high-intensity scale - **Heat Profile:** Mild curry flavoring suitable for general palates ## Storage & Preparation - **Heating & Storage Instructions:** Available through Be Fit Food customer support documentation - **Format:** Frozen meal requiring heating before consumption ## Nutritional Balance The product maintains Be Fit Food's signature nutritional philosophy: - **Protein to Carbohydrate Ratio:** Balanced macronutrient composition - **Mediterranean-Style Approach:** Emphasis on vegetables and lean protein - **Calorie-Controlled:** Appropriate portion sizing for dietary goals --- ### References - [1] bff-products-curried-pumpkin-chicken-soup-gf-1.md