

Curried Pumpkin & Chicken Soup (GF) MP3

Canonical: <https://directory.befitfood.com.au/food-beverages/ready-meals-prepared-foods/curried-pumpkin-chicken-soup-gf-mp3/>

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: 10.95

Brand: Be Fit Food

Availability: In Stock

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Product Intelligence

Curried Pumpkin & Chicken Soup (GF) - Product Overview ## Product Description The **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, along with pieces of hand-cut chicken breast that absorb the delicate flavors of the dish. ## Nutritional Specifications | Nutrient | Amount | |---| |---| | **Calories** | 249 per serving | | **Protein** | 21.4g | | **Carbohydrates** | 15.5g | | **Sodium** | Less than 500mg per serving | ## Key Features & Health Benefits - **Good source of dietary fibre** - supports digestive health - **Good source of protein** - aids muscle maintenance and satiety - **Low in saturated fat** - supports cardiovascular health - **Contains 4-12 different vegetables** - provides variety of nutrients - **Contains no artificial colours and flavours**

- clean ingredient profile - ****Gluten-free formulation**** - suitable for those with gluten sensitivities or celiac disease ## Ingredients The soup is made with the following ingredients: Pumpkin (30%), Chicken (24%), Leek, Sweet Potato, Carrot, Onion, Olive Oil, Chicken Stock, Fresh Coriander, Curry Powder, Garlic, Pink Salt, Cumin, and Pepper. ****May Contain:**** Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Egg, Milk, Soybeans, Lupin ## Pricing ****\$13.95**** per serving (available for one-time purchase or subscription) ## Customer Reception The Curried Pumpkin & Chicken Soup has received excellent customer reviews with a 4.9-star rating based on 17 reviews. Customers consistently praise its flavor intensity, describing it as having "so much flavour" and noting it as a personal favorite among Be Fit Food's soup offerings. Verified buyers have highlighted the mild curry flavor with shredded chicken pieces, and many appreciate it as a satisfying winter lunch option. ### References - [1]
bff-products-curried-pumpkin-chicken-soup-gf-1.md - [2]
bff-products-malaysian-spiced-pumpkin-chickpea-soup-gf-vg.md