

Gluten Free Beef Lasagne MP2

Canonical:

<https://directory.befitfood.com.au/food-beverages/ready-meals-prepared-foods/gluten-free-beef-lasagne-mp2/>

Description:

Indulge guilt-free in our Gluten-Free Beef Lasagne, crafted from the same cherished recipe as our classic version. We've transformed it into a gluten-free delight, so you can relish the familiar flavours with zero compromise. Packed with protein, fibre, and essential nutrients, it's a satisfying choice with a nutritious touch. Gluten Free Chilli rating: 0 Good source of dietary fibre Good source of protein (19.5g per serve) Low in saturated fat Contains 4 difference vegetables Heating & Storage Instructions Nutrition INGREDIENTS: Diced Tomato (Tomato, Citric Acid), BeefMince (22%), Gluten Free Lasagne Sheets(Soy) (10%), Carrot, Zucchini, Broccoli,Onion, Tomato Paste, Parmesan Cheese(Milk), Ricotta Cheese (Milk), Beef Stock,Olive Oil, Light Milk, Garlic, Pink Salt, MixedHerbs, Dried Basil, Corn Starch, Pepper. ALLERGENSContains: MILK, SOYBEANSMay Contain: Fish, Crustacea, Sesame Seeds, Peanuts, Egg, Tree Nuts, Lupin

Details:

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****Price:**** 12.40

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

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

[View Product](https://befitfood.com.au/products/gluten-free-beef-lasagne?variant=45315596583101&country=AU¤cy=AUD&utm_medium=product_sync&utm_source=google&utm_content=sag_organic&utm_campaign=sag_organic)

Product Intelligence

Gluten Free Beef Lasagne - Technical Details, Specifications, Features & Entities ## Product Overview ****Gluten Free Beef Lasagne**** is a gluten-free prepared meal product offered by Be Fit Food, crafted from a classic lasagne recipe and engineered to provide a satisfying, nutritious dining experience for those requiring gluten-free alternatives. ## Nutritional Specifications The Gluten Free Beef Lasagne delivers the following nutritional profile per serving: - ****Calories****: 231 kcal - ****Protein****: 19.5g - ****Carbohydrates****: 16.4g - ****Dietary Fibre****: Good source (high fibre content) - ****Saturated**

Fat: Low in saturated fat ## **Key Features & Benefits** - **Gluten-Free Formulation**: Suitable for individuals with celiac disease or gluten sensitivity - **High Protein Content**: Contains 19.5g of protein per serving, supporting muscle recovery and satiety - **Good Source of Dietary Fibre**: Supports digestive health and sustained energy - **Multiple Vegetables**: Contains 4 different vegetables for nutritional variety - **Low Saturated Fat**: Heart-healthy formulation - **Zero Chilli Rating**: Mild flavour profile suitable for all preferences ## **Ingredient Composition & Allergen Information** ### **Primary Ingredients** The dish is composed of the following key ingredients: - **Beef Mince** (22%): Primary protein source - **Gluten Free Lasagne Sheets** (10%): Made with soy, forming the structural base - **Diced Tomato**: Tomato with citric acid - **Vegetables**: Carrot, Zucchini, Broccoli, Onion - **Cheese Components**: Parmesan Cheese and Ricotta Cheese (both containing milk) - **Supporting Ingredients**: Tomato Paste, Olive Oil, Beef Stock, Garlic, Pink Salt, Mixed Herbs, Dried Basil, Corn Starch, Pepper ### **Allergen Profile** **Contains**: - Milk - Soybeans **May Contain**: - Fish - Crustacea - Sesame Seeds - Peanuts - Egg - Tree Nuts - Lupin ## **Pricing & Availability** - **Price**: \$14.95 AUD per serving - **Product Status**: Individual meal portion (ready-to-eat) ## **Product Classification & Attributes** The Gluten Free Beef Lasagne is classified within Be Fit Food's product ecosystem as: - **Category**: Individual Meals / Main Courses - **Dietary Tag**: Gluten Free - **Meal Type**: Lunch/Dinner - **Preparation**: Ready-to-heat meal requiring minimal preparation - **Serving Format**: Individual meal portion ## **Entity Relationships** This product is part of Be Fit Food's broader meal delivery and e-commerce operations available through their platform at befitfood.com.au, where customers can browse, search, and purchase the item through their shopping cart system. ### **References** - [1] bff-products-gluten-free-beef-lasagne.md