

Gluten Free Beef Lasagne MP4

Canonical:

<https://directory.befitfood.com.au/food-beverages/ready-meals-prepared-foods/gluten-free-beef-lasagne-mp4/>

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:**** 13.05

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

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

[View Product](https://befitfood.com.au/products/gluten-free-beef-lasagne?variant=45315596648637&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: Product Details and Specifications ## Product Overview ****Gluten Free Beef Lasagne**** is a prepared meal product offered by Be Fit Food, crafted from a classic lasagne recipe and transformed into a gluten-free delight. This product delivers familiar flavours without compromise, making it suitable for individuals with gluten sensitivities or celiac disease. ## Nutritional Specifications The Gluten Free Beef Lasagne contains the following nutritional profile per serving: - ****Calories****: 231 kcal - ****Protein****: 19.5g (good source of protein) - ****Carbohydrates****: 16.4g -

****Dietary Fibre****: Good source of dietary fibre - ****Saturated Fat****: Low in saturated fat ## **Key Features**
- ****Gluten Free****: Specifically formulated to accommodate gluten-free dietary requirements - ****Chilli Rating****: 0 (mild, suitable for all palates) - ****Vegetable Content****: Contains 4 different vegetables - ****Ingredients Quality****: Packed with protein, fibre, and essential nutrients ## **Price** - ****Regular Price****: \$14.95 per serving - ****Tax****: Included ## **Ingredient Composition** ### **Main Ingredients**: - ****Beef Mince**** (22%) - ****Gluten Free Lasagne Sheets**** (10%) - Made with soy - Diced Tomato (with Citric Acid) - ****Vegetables****: Carrot, Zucchini, Broccoli, Onion - ****Dairy Components****: Parmesan Cheese, Ricotta Cheese - Tomato Paste - Olive Oil - Light Milk - Garlic, Pink Salt - Mixed Herbs, Dried Basil - Corn Starch, Pepper ## **Allergen Information** ### **Contains**: - ****Milk**** - ****Soybeans**** ### **May Contain**: - Fish - Crustacea - Sesame Seeds - Peanuts - Egg - Tree Nuts - Lupin ## **Product Characteristics**
****Preparation & Storage****: The product is designed as a frozen individual meal portion that is ready to heat and serve within five minutes, providing convenient nutrition for busy consumers. ****Dietary Suitability****: - Ideal for individuals avoiding gluten - High in protein for muscle maintenance and satiety - Moderate carbohydrate content suitable for various dietary approaches - Suitable for those seeking balanced, nutritious prepared meals ## **Availability & Ordering** The Gluten Free Beef Lasagne is available through Be Fit Food's e-commerce platform at ****benefitfood.com.au**** and can be added to cart for purchase. Products are subject to availability, and substitutions may apply if stock runs out. --- ###
References - [1] bff-products-gluten-free-beef-lasagne.md