

Gluten Free Beef Lasagne MP5

Canonical:

<https://directory.befitfood.com.au/food-beverages/ready-meals-prepared-foods/gluten-free-beef-lasagne-mp5/>

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:**** 13.75

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

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

[View Product](https://befitfood.com.au/products/gluten-free-beef-lasagne?variant=45315596681405&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, and Features ## Product Overview

****Gluten Free Beef Lasagne**** is a prepared meal product offered by Be Fit Food, an Australian health and nutrition company specializing in convenient, nutritionally-balanced meal delivery solutions. This gluten-free variant of the classic lasagne dish is crafted to accommodate dietary restrictions while maintaining nutritional quality and taste. ## Nutritional Specifications The Gluten Free Beef Lasagne provides the following nutritional profile per serving: - ****Calories****: 231 kcal - ****Protein****: 19.5g -

****Carbohydrates****: 16.4g - ****Price****: \$14.95 per serving This macronutrient composition makes it suitable for individuals following protein-focused or carbohydrate-controlled dietary approaches. ****Allergen Information**** The product contains multiple potential allergens that consumers should be aware of: - ****Soybeans**** (confirmed allergen present via gluten-free lasagne sheets ingredient) - ****Fish**** - ****Egg**** - ****Crustacea**** - ****Peanuts**** - ****Tree Nuts**** - ****Sesame Seeds**** - ****Lupin**** ****Key Product Features**** ****Gluten-Free Formulation****: The product is specifically formulated to be gluten-free, making it suitable for individuals with celiac disease or gluten sensitivity. ****Nutritional Composition****: The meal is crafted from a classic recipe adapted to be gluten-free, containing protein, fibre, and essential nutrients to support balanced nutrition. ****Component Details****: The gluten-free lasagne sheets comprise 10% of the product and are a critical component in achieving the gluten-free specification. ****Entity Classification**** Gluten Free Beef Lasagne functions as a content/product entity within Be Fit Food's ecosystem, serving as: - A prepared meal product for convenient consumption - A gluten-free dietary accommodation option - A component within the company's broader meal bundle offerings --- **### References** - [1] Be Fit Food - Gluten Free Beef Lasagne Product - [2] Be Fit Food - Allergen Information and Product Specifications - [3] Be Fit Food - Meal Product Portfolio and Nutritional Standards