

Gluten Free Beef Lasagne MP6

Canonical:

<https://directory.befitfood.com.au/food-beverages/ready-meals-prepared-foods/gluten-free-beef-lasagne-mp6/>

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:

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

****Price:**** 11.15

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

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

[View Product](https://befitfood.com.au/products/gluten-free-beef-lasagne?variant=45315596714173&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 prepared meal product offered by Be Fit Food, crafted as a gluten-free alternative to their classic lasagne recipe. This product is designed for customers seeking convenient, nutritionally balanced meals without compromising on flavor or dietary requirements. ## Nutritional Specifications The Gluten Free Beef Lasagne delivers the following nutritional profile per serving: - ****Calories****: 231 (approximately) - ****Protein****: 19.5g - ****Carbohydrates****: 16.4g - ****Good**

source of dietary fibre** - **Low in saturated fat** ## Key Features - **Gluten Free** : Suitable for individuals with celiac disease or gluten sensitivity - **Protein-Rich** : Contains 19.5g of protein per serving, supporting muscle recovery and satiety - **Fiber Content** : Good source of dietary fibre for digestive health - **Vegetable Content** : Contains 4 different vegetables for nutritional diversity - **Heat Rating** : 0 chilli rating (mild flavor profile) - **Convenient** : Ready-to-eat meal requiring minimal preparation ## Primary Ingredients & Composition ### Key Components: - **Beef Mince** (22%): Grass-fed beef serving as the primary protein source - **Gluten Free Lasagne Sheets** (10%): Made with soy, forms the structural base of the dish - **Vegetables** : Carrot, zucchini, and broccoli provide nutritional value and texture - **Tomato Base** : Diced tomato and tomato paste form the sauce foundation - **Dairy Components** : Parmesan cheese and ricotta cheese add creaminess - **Seasonings & Aromatics** : Garlic, mixed herbs, dried basil, and pink salt enhance flavor - **Additional Ingredients** : Beef stock, olive oil, light milk, corn starch, and pepper ## Allergen Information ### Contains: - **Milk** (from parmesan and ricotta cheese, and light milk) - **Soybeans** (from gluten-free lasagne sheets containing soy) ### May Contain: - Fish - Crustacea - Sesame seeds - Peanuts - Egg - Tree nuts - Lupin ## Pricing **Regular Price** : \$14.95 per serving ## Product Availability The product is subject to stock availability. Be Fit Food maintains a substitution policy whereby if the Gluten Free Beef Lasagne runs out of stock, it will be substituted with another item within the same meal category on your order. ## Heating & Storage Instructions The product includes dedicated heating and storage instructions to ensure proper preparation and food safety. Customers can access these instructions through Be Fit Food's help center. ## Related Entities **Be Fit Food** : The organization offering this product through their e-commerce platform at befitfood.com.au **Cart Feature** : Customers can add this product to their shopping cart on the BeFit Food website to manage their purchases before checkout. ### References - [1] bff-collections-individual-meals-1-low-calories.md - [2] bff-products-gluten-free-beef-lasagne.md