

Gluten Free Beef Lasagne MP7

Canonical:

<https://directory.befitfood.com.au/food-beverages/ready-meals-prepared-foods/gluten-free-beef-lasagne-mp7/>

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

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****Price:**** 14.05

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

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

[View Product](https://befitfood.com.au/products/gluten-free-beef-lasagne?variant=45315596910781&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 ## Overview ****Gluten Free Beef Lasagne**** is a gluten-free meal product offered by Be Fit Food. This product is designed to accommodate customers with gluten sensitivity or those following a gluten-free diet. ## Nutritional Specifications The Gluten Free Beef Lasagne contains the following nutritional information per serving: - ****Calories****: 231 - ****Protein****: 19.5g - ****Carbohydrates****: 16.4g - ****Price****: \$14.95 ## Product Features ### Dietary Compatibility The product is classified as ****gluten-free****, making it suitable for individuals with celiac disease or gluten

sensitivity. The meal accommodates specialized dietary requirements while maintaining nutritional balance. ### Availability The Gluten Free Beef Lasagne is available through Be Fit Food's e-commerce platform at [**befitfood.com.au**](http://befitfood.com.au), where customers can search, browse, and purchase the product as part of the company's comprehensive meal offerings. ### Product Integration The product is fully integrated into Be Fit Food's online shopping system, accessible through: - Product search functionality - Meal collections and categories - Shopping cart feature for order management - Individual meal offerings ## Related Services Customers purchasing this product can access Be Fit Food's comprehensive support services, including dietitian consultations and customizable meal planning options available through their website. ### References - [1]

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