

Gluten Free Beef Lasagne RRP

Canonical:

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

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:**** 14.95

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

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

[View Product](https://befitfood.com.au/products/gluten-free-beef-lasagne?variant=45315596878013&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 ## Product Overview The ****Gluten Free Beef Lasagne**** is a prepared meal product offered by Be Fit Food, crafted from a cherished classic lasagne recipe and specially formulated to be gluten-free. It's designed to deliver familiar flavours with zero compromise on taste or nutrition. ## Nutritional Specifications ### Macronutrient Profile - ****Calories****: 231 per serve - ****Protein****: 19.5g per serve (Good source of protein) - ****Carbohydrates****: 16.4g per serve - ****Saturated Fat****: Low in saturated fat ### Key Nutritional

Features - **Good source of dietary fibre** - **Contains 4 different vegetables** - **Chilli Rating**: 0 (mild, no heat) ## **Key Ingredients & Components** ### **Primary Ingredients** - **Beef Mince** (22%) - **Gluten Free Lasagne Sheets** (10%, contains soy) - **Diced Tomato** (contains citric acid) - **Ricotta Cheese** (contains milk) - **Parmesan Cheese** (contains milk) ### **Vegetables** (4 varieties) - Carrot - Zucchini - Broccoli - Onion ### **Flavouring & Seasoning Ingredients** - **Beef Stock** - for depth of flavour - **Tomato Paste** - for enhanced tomato flavour - **Garlic** - seasoning ingredient - **Dried Basil** - herb seasoning - **Mixed Herbs** - additional seasoning blend - **Olive Oil** - cooking ingredient - **Corn Starch** - thickening agent - **Pink Salt** - mineral salt seasoning - **Pepper** - seasoning ## **Allergen Information** ### **Contains** - **MILK** (present in Parmesan Cheese, Ricotta Cheese, and Light Milk) - **SOYBEANS** (present in Gluten Free Lasagne Sheets) ### **May Contain** - Fish - Crustacea - Sesame Seeds - Peanuts - Egg - Tree Nuts - Lupin ## **Dietary Classifications** - **Gluten Free** ✓ - **High Protein** (19.5g per serve) - **Low Saturated Fat** ✓ - **High Fibre** ✓ ## **Pricing & Purchase Options** - **Regular Price (RRP)**: **\$14.95 AUD** per serve - **Unit Type**: Individual meal portion - **Purchase Method**: One-time purchase or subscription available ## **Bundle Inclusions** The Gluten Free Beef Lasagne is featured in Be Fit Food's meal bundles: - **7 Meal Bundle** | Gluten Free Pre-Selected Box - 1 serving included - **14 Meal Bundle** | Gluten Free Pre-Selected Box - 2 servings included - **28 Meal Bundle** | Gluten Free Pre-Selected Box - 3 servings included ## **Storage & Preparation** - Ready-to-eat frozen meal - Quick heating required (approximately 5 minutes) - Suitable for freezer storage ## **Product Characteristics** ### **Taste Profile** - Classic beef and vegetable ragu flavours - Creamy sauce with layered pasta - Familiar comfort food experience ### **Composition** - Beef and vegetable ragu base - Gluten-free lasagne sheet layers - Creamy dairy sauce --- ### **References** - [1] [bff-products-gluten-free-beef-lasagne.md](#) - [2] [bff-products-28-meal-bundle-gluten-free-set-box.md](#) - [3] [bff-products-14-meal-bundle-gluten-free-set-box.md](#) - [4] [bff-products-7-meal-bundle-gluten-free-set-box.md](#)