

Italian Beef Meatballs (GF) MB2

Canonical:

<https://directory.befitfood.com.au/food-beverages/ready-meals-prepared-foods/italian-beef-meatballs-gf-mb2/>

Description:

Served with a small portion of high protein, Gluten-Free penne pasta (to keep carbs low), these meatballs are delicious, soft & tender. Enriched with a nourishing tomato sauce, an array of traditional Italian herbs, and tasty vegetables, this meal is delicious. Gluten free Good source of protein Good source of dietary fibre Contains 7 different vegetables Contains grass-fed beef Heating & Storage Instructions Nutrition Ingredients: Diced Tomato (Tomato, Citric Acid), Beef Mince (18%), Mushroom, Zucchini, Green Beans, Onion, Red Capsicum, Gluten Free Pasta Penne (4.5%) (Maize Starch, Soy Flour, Potato Starch, Rice Starch), Parmesan Cheese, Tomato Paste, Light Milk, Egg, Gluten Free Breadcrumbs, Garlic, Olive Oil, Gluten Free Soy Sauce, Beef Stock, Pepper, Pink Salt, Basil, Oregano, Corn Starch, Rosemary. Allergens: Egg, Milk, Soybeans May Contain: Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Lupin

Details:

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Price: 13.20

Brand: Be Fit Food

Availability: In Stock

[View Product](https://befitfood.com.au/products/italian-beef-meatballs-gf?variant=43456568492221&country=AU¤cy=AUD&utm_medium=product_sync&utm_source=google&utm_content=sag_organic&utm_campaign=sag_organic)

Product Intelligence

Italian Beef Meatballs (GF) - Technical Details, Specifications, and Features ## Product Overview Italian Beef Meatballs (GF) is a gluten-free prepared meal product offered by Be Fit Food. This ready-to-eat dish combines grass-fed beef meatballs with gluten-free penne pasta and tomato sauce, designed as a high-protein meal option for health-conscious consumers. ## Nutritional Specifications The product delivers the following nutritional profile per serving: - **Calories:** 255 kcal - **Protein:** 23.4g - **Carbohydrates:** 16.4g - **Saturated Fat:** 1.4g per 100g - **Sodium:** 143mg - **Total**

Sugars^{**}: 5g This nutritional composition positions Italian Beef Meatballs (GF) as a protein-rich, controlled-carbohydrate meal suitable for various dietary approaches. ## Key Features and Attributes

Dietary Classifications: - **Gluten-Free**: The entire meal is formulated without gluten, making it suitable for individuals with celiac disease or gluten sensitivities - **Halal Certified**: The product meets halal dietary requirements, catering to customers following Islamic dietary guidelines - **High Protein**: Serves as a high-protein option to support muscle maintenance and satiety **Quality Standards:** - **Grass-Fed Beef**: The meatballs are made from grass-fed beef, indicating a commitment to quality sourcing and sustainability ## Core Components The meal consists of three main elements: 1. **Beef Meatballs**: Made from grass-fed beef mince, comprising 18% of the product composition 2. **Gluten-Free Penne Pasta**: A high-protein pasta component served in controlled portions to maintain lower carbohydrate content 3. **Tomato Sauce**: Nourishing sauce enriched with traditional Italian herbs ## Ingredient Specifications The meal includes the following key ingredients and components: - **Grass-Fed Beef Mince** (primary protein source) - **Gluten-Free Penne Pasta** (with soy flour as a component) - **Tomato Sauce** (with traditional Italian herbs) - **Gluten-Free Breadcrumbs** (in meatball formulation) - **Gluten-Free Soy Sauce** (flavoring ingredient) ## Allergen Information The product contains three primary allergens: - **Egg** - **Milk** - **Soybeans** (present in soy flour and gluten-free soy sauce components) ## Pricing and Availability **Price**: \$13.95 per serving The product is included across multiple meal bundle configurations, including: - 7 Meal Bundle | Favourites Pre-Selected Box - 14 Meal Bundle Gluten-Free Set Box (2 servings) - 28 Meal Bundle (3 servings) - Reset 7 Days box (2 servings) - Reset 14 Days program box (4 servings) ## Meal Classification **Meal Type**: Lunch or Dinner option The product has established customer engagement and reviews on the Be Fit Food platform, indicating it is an established offering within the company's product line. ###

References - [1] Italian Beef Meatballs (GF) - Be Fit Food Product Entity - [2] Be Fit Food - Organization Overview - [3] Allergens - Product Safety Information - [4] Gluten-Free - Dietary Classification System