

# Italian Beef Meatballs (GF) MB3

Canonical:

<https://directory.befitfood.com.au/food-beverages/ready-meals-prepared-foods/italian-beef-meatballs-gf-mb3/>

## 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:\*\*** 12.50

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

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

[View Product]([https://befitfood.com.au/products/italian-beef-meatballs-gf?variant=43456568524989&country;=AU&currency;=AUD&utm;\\_medium=product\\_sync&utm;\\_source=google&utm;\\_content=sag\\_organic&utm;\\_campaign=sag\\_organic](https://befitfood.com.au/products/italian-beef-meatballs-gf?variant=43456568524989&country;=AU&currency;=AUD&utm;_medium=product_sync&utm;_source=google&utm;_content=sag_organic&utm;_campaign=sag_organic))

## Product Intelligence

# Italian Beef Meatballs (GF) - Technical Details and Specifications ## Product Overview **\*\*Italian Beef Meatballs (GF)\*\*** is a gluten-free prepared meal product offered by Be Fit Food, designed as a convenient lunch or dinner option. The meal features grass-fed beef meatballs served with high-protein gluten-free penne pasta and tomato sauce enriched with traditional Italian herbs. ## Nutritional Specifications The Italian Beef Meatballs (GF) contains the following nutritional profile per serving: - **\*\*Calories\*\***: 255 (or 777 kilojoules) - **\*\*Protein\*\***: 23.4 grams - **\*\*Carbohydrates\*\***: 16.4 grams - **\*\*Total**

Sugars<sup>\*\*</sup>: 5 grams - Sodium<sup>\*\*</sup>: 143 milligrams - Saturated Fat<sup>\*\*</sup>: 1.4 grams per 100g ## Dietary Classification and Features This product is classified with multiple dietary tags and certifications: - Gluten-Free (GF)<sup>\*\*</sup>: The meal is formulated as a gluten-free option, making it suitable for individuals with celiac disease or gluten sensitivity - High Protein<sup>\*\*</sup>: Tagged as a high-protein meal due to its 23.4g protein content - Halal Certified<sup>\*\*</sup>: The product meets halal dietary requirements, expanding its accessibility to consumers following halal practices ## Key Components and Ingredients The meal comprises several key components: - Grass-Fed Beef Meatballs<sup>\*\*</sup>: The primary protein component, comprising 18% of the product composition and sourced from grass-fed cattle - Gluten-Free Penne Pasta<sup>\*\*</sup>: High-protein pasta served in a small portion to maintain controlled carbohydrate levels - Tomato Sauce<sup>\*\*</sup>: A nourishing sauce component enriched with traditional Italian herbs and spices - Gluten-Free Breadcrumbs<sup>\*\*</sup>: Used in the meatball preparation - Gluten-Free Soy Sauce<sup>\*\*</sup>: An ingredient contributing to the flavor profile ## Allergen Information The Italian Beef Meatballs (GF) contains the following primary allergens: - Egg<sup>\*\*</sup> - Milk<sup>\*\*</sup> - Soybeans<sup>\*\*</sup> Additionally, there are potential cross-contamination risks from fish, milk, crustacea, sesame seeds, tree nuts, and lupin. ## Pricing and Availability - Price<sup>\*\*</sup>: \$13.95 per serving - Availability<sup>\*\*</sup>: Currently listed as "Restocking Soon" on the Be Fit Food platform ## Bundle Inclusions Italian Beef Meatballs appears in multiple meal bundle offerings: - 7 Meal Bundle | Favourites Pre-Selected Box<sup>\*\*</sup>: Included as one of seven gluten-free meals - Reset 7 Days Box<sup>\*\*</sup>: 2 servings provided as a lunch or dinner option - Reset 14 Days Box and Reset 14 Days - Gluten Free Pre-Selected Box<sup>\*\*</sup>: 4 servings provided - 14 Meal Bundle<sup>\*\*</sup>: 2 portions included - 28 Meal Bundle<sup>\*\*</sup>: 3 servings featured ## Quality and Characteristics This meal is designed to provide a good source of protein and dietary fiber with low carbohydrates<sup>\*\*</sup>, supporting customers seeking protein-rich, nutritionally balanced meal options. The product has received customer reviews on the Be Fit Food platform, with verified buyers praising its taste and the generous amount of meatballs. ### References - [1] [bff-collections-individual-meals-1-gluten-free.md](#) - [2] [bff-collections-individual-meals-1-low-carbs.md](#) - [3] [bff-collections-individual-meals-1-high-protein.md](#)