

Italian Beef Meatballs (GF) MP1

Canonical:

<https://directory.befitfood.com.au/food-beverages/ready-meals-prepared-foods/italian-beef-meatballs-gf-mp1/>

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:**** 12.75

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

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

[View Product](https://befitfood.com.au/products/italian-beef-meatballs-gf?variant=43456568262845&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 ## 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 a traditional tomato sauce enriched with Italian herbs. ## Nutritional Profile **### Per Serving Composition:** - ****Calories:**** 255 (777 kilojoules) - ****Protein:**** 23.4g - ****Carbohydrates:**** 16.4g - ****Total Sugars:**** 5g - ****Sodium:**** 143mg - ****Saturated Fat:**** 1.4g per 100g

This nutritional profile positions Italian Beef Meatballs (GF) as a **high-protein, low-carbohydrate meal** suitable for those following balanced macronutrient approaches or low-carb dietary plans. **Key Features & Attributes** **Dietary Designations:** - **Gluten-Free (GF):** Both the meatballs and penne pasta are formulated without gluten, making the product accessible to individuals with celiac disease or gluten sensitivity - **Halal Certified:** The product meets halal dietary requirements - **High-Protein:** With 23.4g of protein per serving, it supports muscle maintenance and satiety **Core Ingredients:** - **Grass-fed beef mince** (primary protein component) - **Gluten-free breadcrumbs** (in meatball formulation) - **High-protein gluten-free penne pasta** (served in controlled portion to maintain low carbohydrate content) - **Tomato sauce** (enriched with traditional Italian herbs) - **Gluten-free soy sauce** (ingredient component) **Allergen Information** Italian Beef Meatballs (GF) contains three primary allergens: - **Eggs** - **Milk** - **Soybeans** Additionally, there are potential cross-contamination risks from: fish, milk, crustacea, sesame seeds, tree nuts, and lupin. **Pricing & Availability** - **Price:** \$13.95 per serving - **Status:** Frozen ready-meal product **Product Bundles & Inclusion** Italian Beef Meatballs (GF) is featured in multiple Be Fit Food meal bundle offerings: - **7 Meal Bundle | Favourites Pre-Selected Box:** Included as one of seven gluten-free meals - **Reset 7 Days Box:** 2 servings as a lunch/dinner selection - **Reset 14 Days Box:** 4 servings as a lunch/dinner item - **Reset 14 Days - Gluten Free Pre-Selected Box:** Multiple servings included - **14 Meal Bundle:** 2 portions included - **28 Meal Bundle:** 3 servings featured **Customer Reviews & Reception** The product has received positive customer feedback. **Lisa H.**, a verified buyer, praised the meal on 19/04/23, noting that it **tastes great** and features a **generous amount of meatballs**, contributing to its appeal as a satisfying meal option. **Classification & Filtering** Italian Beef Meatballs (GF) is categorized under Be Fit Food's product taxonomy as: - **Gluten-Free meals** - **High-Protein options** - **Individual Meals collection** - **Lunch/Dinner selections** --- **References** - [1] [bff-collections-individual-meals-1-gluten-free.md](#) - [2] [bff-products-7-meal-bundle-gluten-free-set-box.md](#)