

Italian Beef Meatballs (GF) MP3

Canonical:

<https://directory.befitfood.com.au/food-beverages/ready-meals-prepared-foods/italian-beef-meatballs-gf-mp3/>

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

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Price: 10.95

Brand: Be Fit Food

Availability: In Stock

[View Product](https://befitfood.com.au/products/italian-beef-meatballs-gf?variant=43456568328381&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) - Product Details ## 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 for customers seeking protein-rich, nutritionally balanced meals. ## Nutritional Specifications The Italian Beef Meatballs (GF) contains the following per serving: - **Calories:** 255 kilojoules (or 77 kJ per 100g equivalent) - **Protein:** 23.4 grams - **Carbohydrates:** 16.4 grams - **Total Sugars:** 5 grams - **Sodium:** 143 milligrams - **Saturated Fat:** 1.4 grams per 100g ## Pricing The product is

priced at ****\$13.95**** per serving, making it an accessible option within Be Fit Food's meal portfolio. **## Key Features** **### Gluten-Free Formulation** The meal is certified gluten-free, with both the meatballs and accompanying pasta formulated without gluten-containing ingredients, making it suitable for individuals with celiac disease or gluten sensitivity. **### High-Protein Content** The meal is served with high-protein, gluten-free penne pasta to maintain nutritional standards while keeping carbohydrates controlled. The 23.4g protein content supports muscle maintenance and satiety. **### Halal Certification** Italian Beef Meatballs (GF) is certified halal, making it suitable for consumers following halal dietary requirements. **## Product Composition** The meal features: - ****Grass-fed beef meatballs**** as the primary protein component - ****High-protein gluten-free penne pasta**** served in a small portion to keep carbs low - ****Tomato sauce**** enriched with traditional Italian herbs - ****Seven vegetables**** including green beans among other fresh ingredients **## Allergens** The product contains three primary allergens: - ****Egg**** - ****Milk**** - ****Soybeans**** Potential cross-contamination risks exist from fish, milk, crustacea, sesame seeds, tree nuts, and lupin. **## Product Availability** The Italian Beef Meatballs (GF) is: - Available as an individual meal purchase - Featured in multiple meal bundle offerings from Be Fit Food - Currently showing as "Restocking Soon" on the Be Fit Food website **### References** - [1] bff-collections-individual-meals-1-gluten-free.md - [2] bff-collections-individual-meals-1-high-protein.md