

Italian Beef Meatballs (GF) MP4

Canonical:

<https://directory.befitfood.com.au/food-beverages/ready-meals-prepared-foods/italian-beef-meatballs-gf-mp4/>

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: 12.05

Brand: Be Fit Food

Availability: In Stock

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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. This ready-to-heat frozen meal combines grass-fed beef meatballs with complementary ingredients to create a complete, nutritionally-balanced dish. ## Nutritional Specifications The Italian Beef Meatballs (GF) provides the following nutritional profile per serving: - **Calories:** 255 - **Protein:** 23.4g - **Carbohydrates:** 16.4g - **Kilojoules:** 777 ### Nutritional Benefits This meal is formulated as: - A **good source of protein** for muscle

maintenance and satiety - A **good source of dietary fibre** for digestive health - **Low in carbohydrates** to support controlled carb intake **Key Features** **Composition** The meal is served with a **small portion of high-protein, gluten-free penne pasta** designed to keep carbohydrates controlled while maintaining nutritional value. The meatballs are **soft and tender**, enriched with a **nourishing tomato sauce** and **traditional Italian herbs**, complemented by an array of vegetables. **Ingredients & Allergens** The product contains **7 different vegetables** and uses **grass-fed beef**, emphasizing quality protein sources. **Primary Allergens:** - Egg - Milk - Soybeans **May Contain:** Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Lupin **Key Ingredients** - Beef Mince (18%) - Diced Tomato - Gluten-Free Pasta Penne (4.5%) - Vegetables: Mushroom, Zucchini, Green Beans, Onion, Red Capsicum - Parmesan Cheese - Light Milk - Gluten-Free Breadcrumbs - Garlic, Olive Oil - Gluten-Free Soy Sauce - Beef Stock - Seasonings: Pepper, Pink Salt, Basil, Oregano, Rosemary, Corn Starch **Dietary Classifications** - **Gluten-Free:** Suitable for those with gluten sensitivities or celiac disease - **Halal:** Meets halal dietary requirements - **High Protein:** Tagged for its substantial protein content **Pricing & Purchase Options** **Price:** \$13.95 The product is available for: - One-time purchase at \$13.95 - Subscription orders at \$13.95 with flexible modification or cancellation options **Customer Reception** The Italian Beef Meatballs (GF) has received **positive customer reviews** with an average rating of **4.1 stars** based on 9 verified reviews. Customers consistently praise the product for being: - **Tasty and satisfying** - **Delicious and filling** - described as a meal that "really fills you up" - **High quality** with soft meatballs and fresh sauce and vegetables **Notable Customer Feedback** - Annie described them as "so tasty and satisfying" - Natalie C. stated: "This meal is yum, definitely one that I order on repeat" - Grace appreciated that "The meatballs were soft and the sauce / veg tasted so fresh and delicious" - Lisa H. praised "the generous amount of meatballs" **Storage & Preparation** The product includes heating and storage instructions to ensure proper preparation and food safety. --- **References** - [1] bff-sitemap-products-1-xml-from-1551655436377-to-8147978977469.md - [2] bff-products-italian-beef-meatballs-gf.md - [3] bff-collections-gluten-free-meal-delivery.md - [4] bff-home.md