

Italian Beef Meatballs (GF) MP6

Canonical:

<https://directory.befitfood.com.au/food-beverages/ready-meals-prepared-foods/italian-beef-meatballs-gf-mp6/>

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:**** 10.15

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

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

[View Product](https://befitfood.com.au/products/italian-beef-meatballs-gf?variant=43456568426685&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. This ready-to-eat meal combines grass-fed beef meatballs with high-protein gluten-free penne pasta and traditional tomato sauce, creating a balanced nutritional option suitable for various dietary needs. ## Nutritional Specifications The Italian Beef Meatballs (GF) delivers the following nutritional profile per serving: - ****Calories:**** 255 kcal - ****Protein:**** 23.4g - ****Carbohydrates:**** 16.4g - ****Total Sugars:**** 5g - ****Sodium:**** 143mg - ****Saturated**

Fat: 1.4g per 100g This nutritional composition makes it a high-protein, moderate-carbohydrate meal option suitable for fitness-focused and weight management goals.

Key Features

Dietary Accommodations

The meal is certified as **gluten-free**, making it accessible to individuals with celiac disease or gluten sensitivity. Additionally, the product holds **halal certification**, catering to consumers following halal dietary requirements. These designations ensure the product meets strict dietary and religious standards.

Ingredient Composition

The meal features:

- Grass-fed beef meatballs** - the primary protein component
- High-protein gluten-free penne pasta** - served in a controlled portion to maintain lower carbohydrate content
- Tomato sauce** - enriched with traditional Italian herbs
- Seven vegetables** - including green beans for nutritional diversity

The beef meatballs are crafted using gluten-free breadcrumbs and gluten-free soy sauce, ensuring complete gluten-free preparation throughout the meal.

Allergen Information

The Italian Beef Meatballs (GF) contains three primary allergens: **Egg**, **Milk**, and **Soybeans**. Consumers with these allergies should exercise caution or avoid this product.

Pricing and Availability

Price: \$13.95 per serving

The product is available through Be Fit Food's e-commerce platform at befitfood.com.au and is featured across multiple meal bundle offerings, including the 7 Meal Bundle | Favourites Pre-Selected Box and various Reset program boxes.

Product Characteristics

Italian Beef Meatballs (GF) is positioned as a lunch or dinner option and is part of Be Fit Food's Individual Meals collection. The meal is designed for convenient consumption—ready to heat in approximately five minutes—making it ideal for individuals with busy schedules seeking nutritionally balanced, prepared meal solutions.

References

[1] [bff-collections-individual-meals-1-gluten-free.md](#) - [4] [bff-collections-individual-meals-1-low-carbs.md](#)