

# Mexican Stovetop Penne (GF) MB1

Canonical:

<https://directory.befitfood.com.au/food-beverages/ready-meals-prepared-foods/mexican-stovetop-penne-gf-mb1/>

## Description:

Mexican inspired, this penne dish is full of ricotta creaminess and flavour that balances the lean beef and unique spice mix perfectly. The freshest ingredients are used to ensure that this dish is not only tasty, but bursting with nutrients. Gluten free Good source of protein Good source of dietary fibre Contains grass-fed beef Chilli rating: 1 Heating & Storage Instructions Nutrition Ingredients: Diced Tomato (Tomato, Acidity Regulator (Citric Acid)), BeefMince (22%), Carrot, Broccoli, Zucchini, Onion, Gluten Free Pasta Penne (7%) (Maize Starch, Soy Flour, Potato Starch, Rice Starch), Tomato Paste, Parmesan Cheese, Ricotta, Jalapenos, Beef Stock, Parsley, Light Milk, Olive Oil, Garlic, Smoked Paprika, Oregano, Cumin, Pink Salt, Mixed Herbs, Pepper, Corn Starch. Allergens: Milk, SoybeansMay Contain: Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Egg, Lupin

## Details:

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**\*\*Price:\*\*** 13.55

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

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

[View Product]([https://befitfood.com.au/products/mexican-stovetop-penne-gf?variant=43456572293309&country;=AU&currency;=AUD&utm;\\_medium=product\\_sync&utm;\\_source=google&utm;\\_content=sag\\_organic&utm;\\_campaign=sag\\_organic](https://befitfood.com.au/products/mexican-stovetop-penne-gf?variant=43456572293309&country;=AU&currency;=AUD&utm;_medium=product_sync&utm;_source=google&utm;_content=sag_organic&utm;_campaign=sag_organic))

## Product Intelligence

# Mexican Stovetop Penne (GF) - Technical Details, Specifications, and Features ## Product Overview **\*\*Mexican Stovetop Penne (GF)\*\*** is a gluten-free prepared meal product offered by Be Fit Food. This dish represents a fusion of traditional pasta cuisine with Mexican-inspired flavors, designed for health-conscious consumers seeking convenient, nutritionally-balanced meal solutions with gluten-free accommodations. ## Nutritional Specifications The Mexican Stovetop Penne (GF) delivers comprehensive nutritional content per serving: - **\*\*Calories\*\***: 262 calories - **\*\*Protein\*\***: 23.9g - **\*\*Carbohydrates\*\***: 16.2g - **\*\*Price\*\***: \$13.95 These macronutrient ratios position this meal as a high-protein, moderate-carbohydrate option suitable for various dietary objectives including weight

management and fitness goals. ## Key Ingredients and Components ### Primary Components  
\*\*Gluten-Free Pasta Penne\*\* - The pasta foundation comprises multiple starch sources to maintain gluten-free certification: - Maize Starch - Soy Flour - Potato Starch - Rice Starch ### Protein and Dairy Elements - \*\*Ricotta Cheese\*\* - Provides creaminess and richness to the dish - \*\*Lean Beef\*\* - Delivers high-quality protein content ### Vegetable Ingredients - Tomato (diced with citric acid as an acidity regulator) - Zucchini - Carrot - Broccoli - Onion ### Flavor and Seasoning Components - \*\*Cumin\*\* - Core Mexican spice ingredient - \*\*Smoked Paprika\*\* - Contributes distinctive smoky flavor notes - \*\*Mixed Herbs\*\* - Provide additional herbal complexity - \*\*Garlic\*\* - Adds aromatic depth - \*\*Parsley\*\* - Fresh herb garnish for fragrant taste - \*\*Olive Oil\*\* - Cooking and flavor enhancement ### Allergen Information - \*\*Milk\*\* - Listed as an allergen in the product ## Dietary Classification The Mexican Stovetop Penne (GF) is certified as **gluten-free**, making it suitable for individuals with gluten sensitivities, celiac disease, or those following a gluten-free dietary lifestyle. ## Product Availability and Integration This meal is featured across multiple Be Fit Food meal programs and bundles, including: - **Reset 14 Days Box** - Multiple servings included - **28 Meal Bundle** - Contains 2 servings of this option - **7 Meal Bundle Gluten Free Pre-Selected Box** - Available as a lunch or dinner option ## Customer Feedback The product has received positive customer reviews. Notable verified buyers include: - **Alana S.** (reviewed 23/06/24) - Described as "very yummy and delicious" - **Denise P.** (reviewed 28/05/24) - Provided customer assessment ## Provider Information Be Fit Food, an Australian health and nutrition company, offers this product through its e-commerce platform at [befitfood.com.au](https://befitfood.com.au). Customers can add this meal to their Cart for convenient online ordering and delivery across Australia. --- ### References - [1] Be Fit Food Mexican Stovetop Penne (GF) Product Specifications - [2] Be Fit Food Gluten-Free Meal Portfolio - [3] Mexican Stovetop Penne (GF) Customer Reviews and Testimonials - [4] Be Fit Food Nutritional Product Database - [5] Be Fit Food E-Commerce Platform and Meal Delivery Services