

Mexican Stovetop Penne (GF) MB2

Canonical:

<https://directory.befitfood.com.au/food-beverages/ready-meals-prepared-foods/mexican-stovetop-penne-gf-mb2/>

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:**** 13.20

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

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

[View Product](https://befitfood.com.au/products/mexican-stovetop-penne-gf?variant=43456572326077&country;=AU¤cy;=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 ## Product Overview ****Mexican Stovetop Penne (GF)**** is a gluten-free prepared meal offered by Be Fit Food that combines Mexican-inspired flavors with convenient, ready-to-eat nutrition. This dish features penne pasta combined with ricotta creaminess and lean beef, infused with Mexican-inspired spices to create a distinctive culinary profile. ## Nutritional Specifications The Mexican Stovetop Penne (GF) delivers balanced macronutrient composition per serving: - ****Calories****: 262 kcal - ****Protein****: 23.9g - ****Carbohydrates****: 16.2g These nutritional metrics position it as a protein-rich option suitable for various dietary goals and fitness-oriented meal planning, with controlled carbohydrate content.

Product Specifications **Price**: \$13.95 per serving **Dietary Classification**: Gluten-Free (GF)
Serving Format: Individual prepared meal **Key Features** - **Gluten-Free Formulation**: Designed specifically for individuals requiring gluten-free dietary options - **High Protein Content**: 23.9g of protein per serving supports muscle recovery and satiety - **Mexican Flavor Profile**: Authentically inspired with balanced spice composition - **Ricotta Creaminess**: Adds richness and texture to the dish - **Lean Beef Component**: Provides quality protein and flavor foundation **Ingredient Composition** The meal contains **Gluten-Free Pasta Penne** as a primary component, comprising the pasta base made from: - Maize Starch - Soy Flour - Potato Starch - Rice Starch **Flavor Components**: - Diced Tomato (with citric acid as acidity regulator) - Smoked Paprika - Mixed Herbs - Garlic - Onion - Zucchini - Broccoli - Olive Oil **Allergen Information** **Contains**: - Soybeans (through soy flour in pasta) - Milk (through ricotta) **May Contain**: - Fish - Crustacea - Sesame Seeds - Peanuts - Tree Nuts - Egg - Lupin **Product Inclusion in Meal Plans** Mexican Stovetop Penne (GF) is featured across multiple Be Fit Food meal programs: - Reset 7 Days Box (2 servings) - Reset 14 Days Box (included) - Reset 14 Days - Gluten Free Pre-Selected Box (2 servings) - 28 Meal Bundle (appears twice) - Dedicated 7-meal Gluten-Free Meal Bundle **Customer Feedback** The product has received positive customer reviews, with verified buyer **Alana S.** rating it as "very yummy and delicious" on 23/06/24. **References** - [1] [bff-collections-individual-meals-1-low-carbs.md](#) - [3] [bff-collections-individual-meals-1-low-calories.md](#) - [5] [bff-collections-individual-meals-1-gluten-free.md](#)