

Mexican Stovetop Penne (GF) MB3

Canonical:

<https://directory.befitfood.com.au/food-beverages/ready-meals-prepared-foods/mexican-stovetop-penne-gf-mb3/>

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:**** 12.50

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

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

[View Product](https://befitfood.com.au/products/mexican-stovetop-penne-gf?variant=43456572358845&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 & Features ## Product Overview ****Mexican Stovetop Penne (GF)**** is a gluten-free prepared meal offered by Be Fit Food that combines Mexican-inspired culinary elements with modern nutritional standards. This dish features penne pasta blended with ricotta creaminess and lean beef, infused with Mexican-inspired spices and flavours to create a distinctive taste profile. ## Nutritional Specifications The meal delivers comprehensive nutritional support with the following per-serving breakdown: | Nutrient | Amount | |-----|-----| | ****Calories**** | 262 | | ****Protein**** | 23.9g | | ****Carbohydrates**** | 16.2g | These macronutrient specifications make it a ****protein-rich option**** suitable for various dietary goals and fitness-oriented

meal planning. ## Product Classification & Dietary Attributes - **Gluten-Free**: Designated as (GF), making it suitable for individuals with celiac disease or gluten sensitivity - **Meal Type**: Lunch/Dinner option - **Price**: \$13.95 per serving - **Collection**: Part of Be Fit Food's low-carb meal collection ## Key Ingredient Composition ### Primary Components - **Beef Mince**: Comprises 22% of the dish, providing the primary protein source - **Gluten-Free Pasta Penne**: Makes up 7% of the meal composition, consisting of maize starch, soy flour, potato starch, and rice starch - **Ricotta Cheese**: Provides the creamy texture and dairy component ### Vegetables & Flavor Ingredients The dish includes several fresh vegetables: - Onion - Tomato (diced tomato with citric acid as an acidity regulator) - Zucchini - Broccoli - Carrot ### Seasonings & Flavor Enhancers - **Smoked Paprika**: Part of the unique spice mix - **Oregano**: Traditional herb contributing to Mexican flavors - **Cumin**: Spice component - **Jalapenos**: Adding authentic Mexican heat - **Garlic**: Flavor ingredient - **Mixed Herbs**: Seasoning blend - **Pepper**: General seasoning - **Pink Salt**: Seasoning ingredient - **Parmesan Cheese**: Flavor enhancement - **Parsley**: Fresh herb finishing ingredient - **Tomato Paste**: Enhances tomato flavor depth ### Cooking Components - **Olive Oil**: Used for cooking and healthy fats - **Beef Stock**: Provides flavor depth - **Corn Starch**: Functional ingredient for texture/thickening ## Allergen Information **Contains**: - Soy (from soy flour in gluten-free pasta) - Milk (from ricotta and parmesan cheese) **May Contain**: - Fish - Crustacea - Sesame Seeds - Peanuts - Tree Nuts - Egg - Lupin ## Preparation Method The meal is designed for **stovetop cooking**, allowing for incorporation of additional vegetables and ingredients according to individual preferences. ## Customer Feedback The product has received reviews from verified buyers, including positive feedback noting its delicious taste and satisfying qualities as a dinner option. Notable reviewers include Alana S. (who rated it as a favorite on 12/06/24) and Kylie (who described it as delicious on 24/07/24). ## Product Availability Mexican Stovetop Penne (GF) is included in multiple Be Fit Food meal bundle programs, including the Reset 7 Days box (with 2 servings) and the Reset 14 Days - Gluten Free Pre-Selected Box. ### References - [1] bff-collections-individual-meals-1-high-protein.md - [3] bff-collections-individual-meals-1-gluten-free.md - [4] bff-collections-individual-meals-1-low-carbs.md