

Mexican Stovetop Penne (GF) MP1

Canonical:

<https://directory.benefitfood.com.au/food-beverages/ready-meals-prepared-foods/mexican-stovetop-penne-gf-mp1/>

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:**** 12.75

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

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

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 culinary elements with modern nutritional standards. This convenient, ready-to-eat option features penne pasta combined with ricotta creaminess and lean beef, infused with Mexican-inspired spices and flavors that create a distinctive culinary profile. ## Nutritional Specifications The meal provides comprehensive nutritional value per serving: - ****Calories:**** 262 kcal - ****Protein:**** 23.9g - ****Carbohydrates:**** 16.2g These macronutrient specifications make Mexican Stovetop Penne (GF) a ****protein-rich option**** suitable for various dietary goals and fitness-oriented meal planning. ## Key Features ### Dietary Classification - ****Gluten-Free:**** Specifically designed to cater to those requiring gluten-free dietary options without compromising on taste or nutritional value - ****Low-Carb:**** Part of Be Fit Food's low-carb meal collection ### Primary Ingredients The dish is built on several core components: - ****Beef Mince:**** Comprises 22% of the dish, providing the primary

protein source - **Gluten-Free Pasta Penne:** Comprises 7% of the dish, made from maize starch, soy flour, potato starch, and rice starch - **Ricotta Cheese:** Provides creaminess to the dish - **Beef Stock:** Adds flavor depth **Vegetables & Fresh Ingredients** - Tomato (diced tomato with citric acid as acidity regulator) - Onion - Carrot - Zucchini - Broccoli **Herbs & Seasonings** - Oregano - Smoked Paprika - Cumin - Parsley (fresh herb) - Pepper - Pink Salt - Mixed Herbs - Garlic **Cooking Ingredients** - **Olive Oil:** Used for cooking and flavor enhancement - **Tomato Paste:** Enhances tomato flavor - **Parmesan Cheese:** Adds flavor enhancement - **Corn Starch:** Thickening agent - **Citric Acid:** Acidity regulator in diced tomato component **Allergen Information** The product may contain or be exposed to the following allergens: - **Confirmed Allergens:** Milk, Soy, Soybeans - **Potential Allergens:** Egg, Peanuts, Tree Nuts, Fish, Lupin, Crustacea, Sesame Seeds **Pricing & Availability** - **Price:** \$13.95 per serving - **Status:** Currently restocking soon **Bundle Inclusions** Mexican Stovetop Penne (GF) is included in multiple Be Fit Food meal bundle programs: - **Reset 7 Days Box:** 2 servings - **Reset 14 Days - Gluten Free Pre-Selected Box:** 2 servings - **28 Meal Bundle:** 2 servings - **7 Meal Bundle - Gluten Free Pre-Selected Box:** 1 serving **Preparation Method** The meal can be prepared using **stovetop cooking**, which allows incorporation of additional vegetables and ingredients for customization. **Customer Reviews** The product has received positive customer feedback, with verified buyers noting its delicious taste and appeal as a comfort food option. Customers appreciate the balance of flavors and the convenience of the prepared meal format. --- **References** - [1] [bff-collections-individual-meals-1-low-carbs.md](#) - [2] [bff-collections-individual-meals-1-high-protein.md](#) - [3] [bff-collections-individual-meals-1-gluten-free.md](#) - [7] [bff-products-7-meal-bundle-gluten-free-set-box.md](#) - [8] [bff-products-28-meal-bundle-gluten-free-set-box.md](#)