

Mexican Stovetop Penne (GF) MP2

Canonical:

<https://directory.befitfood.com.au/food-beverages/ready-meals-prepared-foods/mexican-stovetop-penne-gf-mp2/>

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:**** 11.40

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

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

[View Product](https://befitfood.com.au/products/mexican-stovetop-penne-gf?variant=43456572129469&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, and Features ## Product Overview

****Mexican Stovetop Penne (GF)**** is a gluten-free prepared meal product offered by Be Fit Food. This Mexican-inspired penne dish combines culinary flavor with nutritional balance, designed for consumers seeking gluten-free meal options without compromising on taste or quality. ## Nutritional Specifications The Mexican Stovetop Penne (GF) provides the following per-serving nutritional profile: - ****Calories****: 262 - ****Protein****: 23.9g - ****Carbohydrates****: 16.2g These macronutrient specifications position the meal as a ****high-protein option**** suitable for various dietary goals and fitness-oriented meal planning.

Key Product Features - ****Gluten-Free Formulation****: Specifically designed to cater to those

requiring gluten-free dietary options - **Ricotta Creaminess**: Features a creamy ricotta component that enhances flavor and texture - **Lean Beef**: Contains quality lean beef as the primary protein source - **Mexican-Inspired Flavors**: Infused with distinctive Mexican spices and culinary elements - **Ready-to-Eat Convenience**: A prepared meal option requiring minimal preparation

Ingredient Composition

The dish includes a carefully selected blend of ingredients: **Key Components**: - Gluten-free penne pasta (made from maize starch, soy flour, potato starch, and rice starch) - Lean beef - Ricotta cheese (for creaminess) - Diced tomato with citric acid **Vegetables**: - Carrot - Zucchini - Broccoli - Onion **Seasonings & Flavor Elements**: - Smoked paprika - Cumin - Oregano - Mixed herbs - Parsley - Garlic - Parmesan cheese - Pink salt - Pepper - Corn starch - Tomato paste - Olive oil

Allergen Information

Primary Allergens: - Milk - Soybeans **May Contain**: - Fish - Crustacea - Sesame Seeds - Peanuts - Tree Nuts - Egg - Lupin

Dietary Classifications

Gluten-Free: Certified gluten-free formulation - **High-Protein**: Contains 23.9g protein per serving - **Low-Carbohydrate Option**: 16.2g carbohydrates per serving, positioning it within low-carb meal categories

Pricing

Regular Price: \$13.95 per serving

Availability & Product Bundles

Mexican Stovetop Penne (GF) is featured in multiple Be Fit Food meal programs: - Reset 7 Days box (2 servings) - Reset 14 Days box (2 servings) - Reset 14 Days - Gluten Free Pre-Selected Box (2 servings) - 28 Meal Bundle (appears twice in selection) - Gluten-free meal bundle offering (7-meal dedicated bundle)

Customer Reviews

The product has received positive customer feedback from verified buyers, including reviews from Alana S. (23/06/24), Denise P. (28/05/24), and Kylie (24/07/24), with customers praising the meal as "delicious" and "very yummy."

Storage & Heating

The product includes heating and storage instructions available on the Be Fit Food website help center for proper meal preparation and storage guidelines. ---

References

[1] bff-collections-individual-meals-1-high-protein.md - [2] bff-collections-individual-meals-1-low-carbs.md - [3] bff-collections-individual-meals-1-low-calories.md - [6] bff-collections-individual-meals-1-gluten-free.md