

Mexican Stovetop Penne (GF) MP3

Canonical:

<https://directory.befitfood.com.au/food-beverages/ready-meals-prepared-foods/mexican-stovetop-penne-gf-mp3/>

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

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****Price:**** 10.95

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

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

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Product Intelligence

Mexican Stovetop Penne (GF) - Product Details ## Overview ****Mexican Stovetop Penne (GF)**** is a gluten-free prepared meal offered by Be Fit Food. This Mexican-inspired penne dish combines pasta with ricotta creaminess and lean beef, infused with Mexican-inspired spices and flavours to create a distinctive culinary profile specifically designed for those requiring gluten-free dietary options. ## Nutritional Specifications The Mexican Stovetop Penne (GF) provides the following nutritional profile per serving: - ****Calories:**** 262 kcal - ****Protein:**** 23.9 grams - ****Carbohydrates:**** 16.2 grams These macronutrient specifications make it a protein-rich option suitable for various dietary goals and fitness-oriented meal planning. ## Key Features - ****Gluten-Free Formulation:**** Specifically designed to

meet gluten-free dietary requirements - **High Protein Content:** Contains 23.9g of protein per serving, supporting appetite management, muscle mass maintenance, and satiety - **Low Carbohydrate:** With only 16.2g of carbs per serving, it fits well within low-carb dietary approaches - **Ricotta Creaminess:** Incorporates ricotta cheese to provide a creamy texture and enhanced flavour profile - **Mexican-Inspired Flavours:** Features a unique spice blend that creates distinctive Mexican culinary elements ## Pricing **Regular Price:** \$13.95 per serving ## Primary Ingredients & Components ### Protein Source - **Beef Mince:** Comprises 22% of the meal composition, providing lean protein and authentic flavour ### Pasta Component The gluten-free penne pasta is formulated with the following starches: - Maize Starch - Potato Starch - Rice Starch - Gluten Free Pasta Penne comprises 7% of the total meal ### Flavour & Texture Elements - **Ricotta Cheese:** Provides creaminess and richness - **Tomato Products:** Includes diced tomato (with citric acid as acidity regulator) and tomato paste for enhanced tomato flavour - **Cooking Base:** Olive oil and beef stock ### Spice & Seasoning Profile - **Mexican-Inspired Spices:** Smoked paprika, cumin, oregano, and jalapenos - **General Seasonings:** Garlic, pink salt, mixed herbs, and pepper ### Vegetable Ingredients - Onion - Carrot - Zucchini - Broccoli ### Finishing Elements - Parsley (fresh herb for garnish and flavour) - Parmesan cheese (for enhanced flavour) ## Allergen Information ### Contains: - **Milk** (from ricotta and parmesan cheese) ### May Contain: - Fish - Crustacea - Sesame Seeds - Peanuts - Tree Nuts - Egg - Lupin - Soy ## Bundle Availability Mexican Stovetop Penne (GF) is included in multiple meal bundle programs: - **7 Meal Bundle | Gluten Free Pre-Selected Box:** 1 serving included - **14 Meal Bundle | Gluten Free Pre-Selected Box:** Included in the meal selection - **28 Meal Bundle | Gluten Free Pre-Selected Box:** 2 servings included - **28 Meal Bundle | Favourites Pre-Selected Box:** 2 servings included ## Dietary Classifications - **Gluten-Free:** Suitable for individuals with celiac disease or gluten sensitivity - **Low-Carb Collection:** Part of Be Fit Food's low-carbohydrate meal offerings - **High-Protein:** Classified as a good source of protein for fitness and weight management goals ## Preparation Method The meal can be prepared using **stovetop heating** as a recommended preparation method. ### References - [1] [bff-collections-individual-meals-1-high-protein.md](#) - [2] [bff-collections-individual-meals-1-low-calories.md](#) - [3] [bff-collections-individual-meals-1-gluten-free.md](#) - [4] [bff-products-7-meal-bundle-gluten-free-set-box.md](#) - [6] [bff-products-7-meal-bundle-gluten-free-set-box.md](#) - [7] [bff-products-28-meal-bundle-gluten-free-set-box.md](#)