

# Mexican Stovetop Penne (GF) MP4

Canonical:

<https://directory.befitfood.com.au/food-beverages/ready-meals-prepared-foods/mexican-stovetop-penne-gf-mp4/>

## 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:\*\*** 12.05

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

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

[View Product]([https://befitfood.com.au/products/mexican-stovetop-penne-gf?variant=43456572195005&country;=AU&currency;=AUD&utm;\\_medium=product\\_sync&utm;\\_source=google&utm;\\_content=sag\\_organic&utm;\\_campaign=sag\\_organic](https://befitfood.com.au/products/mexican-stovetop-penne-gf?variant=43456572195005&country;=AU&currency;=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 & Entities ## Product Overview The **\*\*Mexican Stovetop Penne (GF)\*\*** is a gluten-free prepared meal offered by Be Fit Food that combines Mexican-inspired flavors with Italian pasta elements. This dish features ricotta creaminess balanced with lean beef and a unique spice mix. ## Nutritional Specifications ### Macronutrient Profile (per serving) - **\*\*Calories\*\***: 262 kcal - **\*\*Protein\*\***: 23.9g - **\*\*Carbohydrates\*\***: 16.2g - **\*\*Price\*\***: \$13.95 (available for one-time purchase or subscription) ## Key Features ### Dietary Attributes - **\*\*Gluten-Free\*\***: Suitable for individuals with celiac disease or gluten sensitivity - **\*\*High Protein\*\***: Contains substantial protein content supporting muscle maintenance and satiety - **\*\*Good**

Source of Dietary Fibre\*\*  
 Supports digestive health - \*\*Contains Grass-Fed Beef\*\*  
 Premium quality protein source - \*\*Chilli Rating\*\*  
 1 (mild spice level, suitable for non-spice lovers) ## Ingredient Composition ### Primary Components | Component | Percentage | Details | |-----|-----|-----| | Beef Mince | 22% | Lean grass-fed beef providing primary protein | | Gluten-Free Pasta Penne | 7% | Made from maize starch, soy flour, potato starch, rice starch | ### Key Ingredients \*\*Protein & Dairy Elements:\*\* - Beef Mince (22%) - Parmesan Cheese - Ricotta Cheese (provides creaminess) - Light Milk \*\*Vegetables:\*\* - Diced Tomato (with citric acid as acidity regulator) - Carrot - Broccoli - Zucchini - Onion \*\*Seasonings & Flavoring:\*\* - Smoked Paprika - Oregano - Cumin - Jalapenos - Garlic - Mixed Herbs - Pepper - Pink Salt \*\*Supporting Ingredients:\*\* - Tomato Paste - Beef Stock - Olive Oil - Parsley (fresh herb) - Corn Starch ## Allergen Information ### Contains (Primary Allergens) - \*\*Milk\*\* - \*\*Soybeans\*\* (from soy flour in gluten-free pasta) ### May Contain (Cross-Contamination Risk) - Fish - Crustacea - Sesame Seeds - Peanuts - Tree Nuts - Egg - Lupin ## Preparation Method The meal is designed for \*\*stovetop cooking\*\*, allowing customers to: - Defrost the meal - Reheat on stovetop - Incorporate additional vegetables and ingredients for customization ## Customer Reviews & Feedback The product has received positive customer feedback with a \*\*3.8-star rating based on 4 reviews\*\*  
 - \*\*Denise P.\*\* (28/05/24): Described as "delicious - most enjoyable food" - \*\*Alana S.\*\* (23/06/24): Rated as "very yummy and delicious" - \*\*Beth W.\*\* (22/10/23): Praised for "just the right amount of spice kick" with good pasta consistency - \*\*Kylie\*\* (24/07/24): Noted as "too spicy" for some preferences ## Product Classification Tags - Gluten Free - High Protein - Low Carbs - Low Calories - Lunch/Dinner Option ## Nutritional Context Within Be Fit Food's product lineup, the Mexican Stovetop Penne (GF) positions as a: - \*\*Moderate-calorie option\*\* (262 calories per serving) - \*\*High-protein meal\*\* (23.9g supports satiety and muscle maintenance) - \*\*Low-carbohydrate choice\*\* (16.2g carbs aligns with controlled-carb dietary approaches) --- ### References - [1] Which Ready-Meal Brand is the Healthiest? - [2] Mexican Stovetop Penne (GF) Product Page - [3] Lunch & Dinner Collection