

# Mexican Stovetop Penne (GF) MP7

Canonical:

<https://directory.befitfood.com.au/food-beverages/ready-meals-prepared-foods/mexican-stovetop-penne-gf-mp7/>

## 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:

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

**\*\*Price:\*\*** 13.05

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

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

[View Product]([https://befitfood.com.au/products/mexican-stovetop-penne-gf?variant=43651386048701&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=43651386048701&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, and Features ## Product Overview **\*\*Mexican Stovetop Penne (GF)\*\*** is a gluten-free prepared meal offered by Be Fit Food, featuring a Mexican-inspired penne dish with ricotta creaminess and balanced flavors. The meal is specifically designed to cater to individuals requiring gluten-free dietary options without compromising on taste or nutritional value. ## Nutritional Specifications The Mexican Stovetop Penne (GF) provides the following nutritional profile per serving: - **\*\*Calories:\*\*** 262 - **\*\*Protein:\*\*** 23.9 grams - **\*\*Carbohydrates:\*\*** 16.2 grams These macronutrient specifications position it as a **\*\*protein-rich option\*\*** suitable for various dietary goals and fitness-oriented meal planning. ## Key Features - **\*\*Gluten-Free Formulation:\*\***

Specifically formulated to meet gluten-free dietary requirements - **High Protein Content:** Contains substantial protein (23.9g) for muscle recovery and satiety - **Low Carbohydrate:** Designed as a low-carb meal option with only 16.2g carbs - **Mexican-Inspired Cuisine:** Features authentic Mexican flavors and spices - **Ricotta Creaminess:** Combines penne pasta with creamy ricotta for a balanced texture - **Lean Beef:** Contains quality beef protein as a primary ingredient - **Ready-to-Eat:** Convenient prepared meal option requiring minimal preparation **Pricing** **Regular Price:** \$13.95 per serving The product is available for **one-time purchase** or as part of **subscription options** on [befitfood.com.au](https://befitfood.com.au). **Key Ingredients and Components** **Pasta Component** - **Gluten-Free Pasta Penne:** Comprises 7% of the dish - **Composition:** Made from maize starch, soy flour, potato starch, and rice starch **Primary Ingredients** - Lean beef - Ricotta cheese (provides creaminess) - Diced tomato (with citric acid as acidity regulator) - Tomato paste - Parmesan cheese - Olive oil **Vegetables** - Broccoli - Carrot - Zucchini - Onion **Seasonings and Spices** - Cumin (part of unique spice mix) - Oregano - Smoked paprika - Mixed herbs - Garlic - Parsley (fresh herb finishing) - Pepper - Pink salt - Corn starch **Allergen Information** **Contains** - **Milk** (from ricotta and parmesan cheese) - **Soybeans** (from soy flour in pasta) **May Contain** - Fish - Crustacea - Sesame seeds - Peanuts - Tree nuts - Egg - Lupin **Product Availability and Bundles** Mexican Stovetop Penne (GF) is featured in multiple Be Fit Food meal programs: - **Reset 7 Days Box:** 2 servings - **Reset 14 Days Box:** Included - **Reset 14 Days - Gluten Free Pre-Selected Box:** 2 servings - **28 Meal Bundle:** Featured twice in bundle selection - **Gluten-Free Meal Bundle:** One of seven meals in dedicated gluten-free offering **Customer Reviews** The product has received positive customer feedback, with verified buyers describing it as: - Very yummy and delicious - One of their favorites - A satisfying meal option **Notable Reviewers:** - **Alana S.** (23/06/24): Rated as "very yummy and delicious" - **Denise P.** (28/05/24): Provided positive customer review - **Kylie** (24/07/24): Shared customer feedback **Dietary Classifications** - **Gluten-Free:** Fully gluten-free formulation - **Low-Calorie:** 262 calories per serving - **Low-Carbohydrate:** 16.2g carbs per serving - **High-Protein:** 23.9g protein per serving **Storage and Heating** The product includes heating and storage instructions available through Be Fit Food's help center for optimal preparation and food safety. **References** - [1] Be Fit Food Collections - Individual Meals (High Protein) - [2] Be Fit Food Collections - Individual Meals (Low Calories) - [3] Be Fit Food Collections - Individual Meals (Low Carbs) - [4] Be Fit Food Collections - Individual Meals (Gluten-Free)