

# South American Chilli Bean & Vegetables (GF) (VG) MP1

Canonical: <https://directory.befitfood.com.au/food-beverages/ready-meals-prepared-foods/south-american-chilli-bean-vegetables-gf-vg-mp1/>

## Description:

A delicious vegetarian chilli dish, protein packed and LOADED with nutrients from the vegetables and beans. Full of flavour with South American spice blends, you can expect a hearty and exotic yet highly nutritious meal that will be sure to tickle your tastebuds! Excellent source of dietary fibre High in protein Low in sodium Low in saturated fat Vegan Chilli rating: 1 Contains 4-12 different vegetables Contains no artificial colours and flavours Heating & Storage Instructions Nutrition INGREDIENTS: Diced Tomato (Tomato, Citric Acid), Mushroom (7%), Red Kidney Beans (7%), Red Capsicum (6%), Zucchini (6%), Broccoli (6%), Carrot (6%), Tofu, Onion (4%), Tomato Paste, Green Peas (2.5%), Kale (2.5%), Leek (1.5%), Corn Kernels (2.5%), Textured Vegetable Protein, Gluten Free Soy Sauce, Olive Oil, Faba Bean Protein, Garlic, Vegetable Stock, Paprika, Cumin, Cinnamon, Corn Starch, Pepper, Chilli Powder. Allergens: Soybeans May Contain: Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Milk, Egg, Lupin

## Details:

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**\*\*Price:\*\*** 12.75

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

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

## Product Intelligence

# South American Chilli Bean & Vegetables (GF) (VG) - Technical Details & Specifications ## Product Overview **\*\*South American Chilli Bean & Vegetables (GF) (VG)\*\*** is a premium prepared meal product offered by **\*\*Be Fit Food\*\***, an Australian meal delivery and nutrition service company. This dish represents an intersection of culinary authenticity, dietary inclusivity, and nutritional density, specifically designed for consumers with multiple dietary preferences and restrictions. ## Dietary Specifications The product carries two key dietary designations: - **\*\*Gluten-Free (GF)\*\***: Contains no gluten, making it

suitable for individuals with celiac disease, gluten sensitivity, or those preferring to avoid gluten in their diet - **Vegan (VG)**: Formulated entirely with plant-based ingredients, containing no animal-derived products or by-products, making it appropriate for plant-based diets **Product Composition** **Main Ingredients** The meal features a **vegetarian chilli base** constructed from: - **Beans** (legume-based protein source) - **Vegetables** (various fresh vegetables providing vitamins, minerals, and fiber) - **Garlic** (flavor component and ingredient) - **Onion** (comprising 4% of the product composition) The combination of beans and vegetables provides a comprehensive nutrient profile that extends beyond macronutrients to deliver essential vitamins, minerals, and dietary fiber supporting overall health and wellness. **Nutritional Profile** | Nutritional Component | Amount per Serving | ---|---| **Calories** | 238 kcal | **Protein** | 18.8g | **Carbohydrates** | 22.0g | **Dietary Fibre** | Excellent source | **Sodium** | Low content | **Key Nutritional Characteristics** **High Protein Content**: The 18.8g protein per serving is particularly notable for a plant-based dish, making it an effective option for individuals seeking adequate protein intake from vegetable and legume sources while maintaining dietary restrictions. **Balanced Macronutrient Ratio**: The meal aligns with Be Fit Food's nutritional philosophy of calorie-controlled, nutritionally complete options. **Low Sodium**: The product is formulated with reduced sodium levels, supporting heart health and overall wellness. **Fiber-Rich**: As an excellent source of dietary fiber, the meal supports digestive health and satiety. **Pricing** **\$13.95** per individual serving, positioning it as a premium prepared meal option within the Be Fit Food product line. **Core Features** - **Plant-Based Protein Source**: Derives protein exclusively from beans and legumes - **Nutrient-Dense**: Comprehensive micronutrient profile from vegetable and legume components - **Dietary Inclusive**: Simultaneously accommodates multiple dietary requirements (gluten-free and vegan) - **Frozen Prepared Meal**: Ready-to-heat convenience format - **No Added Sugar**: Maintains clean label standards consistent with Be Fit Food formulations - **No Artificial Sweeteners**: Pure ingredient formulation **Entity Classifications** **Product Type**: Individual meal product / Ready-to-eat prepared meal **Meal Category**: Lunch/Dinner option **Cuisine Style**: South American culinary traditions **Dietary Classifications**: - Gluten-free - Vegan - Vegetarian - Plant-based - High-protein **Health & Wellness Attributes**: - High Protein - Low Sodium - Low Carbohydrate (relative to portion size) - Fiber-rich - Nutrient-dense **Allergen Information** **Direct Allergen**: Soybeans (present in product formulation) **Potential Cross-Contamination Allergens**: - Milk (may be present through cross-contamination during preparation and handling) **Consumer Appeal** This product appeals to: - Consumers with celiac disease or gluten sensitivity - Plant-based and vegan diet followers - Health-conscious individuals seeking high-protein meals - Those managing carbohydrate intake - Customers prioritizing dietary inclusivity and nutritional density - Individuals seeking authentic international cuisine with modern dietary accommodations --- **References** - [1] Be Fit Food - [2] South American Chilli Bean & Vegetables (GF) (VG) - [3] High Protein - [4] Vegan - [5] Gluten-Free