

South American Chilli Bean & Vegetables (GF) (VG) MP2

Canonical: <https://directory.befitfood.com.au/food-beverages/ready-meals-prepared-foods/south-american-chilli-bean-vegetables-gf-vg-mp2/>

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:

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

****Price:**** 11.40

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

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

[View Product](https://befitfood.com.au/products/south-american-chilli-bean-vegetables-gf-vg?variant=43456574292157&country;=AU¤cy;=AUD&utm;_medium=product_sync&utm;_source=google&utm;_content=sag_organic&utm;_campaign=sag_organic)

Product Intelligence

South American Chilli Bean & Vegetables (GF) (VG) - Technical Details & Specifications ## Product Overview The ****South American Chilli Bean & Vegetables (GF) (VG)**** is a prepared meal product offered by Be Fit Food, designed as a delicious vegetarian chilli dish that combines protein-packed

beans and nutrient-dense vegetables with authentic South American spice blends. This meal is specifically formulated to meet both gluten-free (GF) and vegan (VG) dietary requirements. ##

Nutritional Specifications Each serving delivers the following nutritional profile: - **Calories**: 238 kcal - **Protein**: 18.8g - **Carbohydrates**: 22.0g - **Chilli Rating**: 1 (mild heat level) ## **Dietary Attributes & Certifications** The product is certified with the following dietary designations: - **Gluten-Free (GF)**: Contains no gluten ingredients - **Vegan (VG)**: Contains no animal-derived ingredients or by-products - **Vegetarian**: Suitable for plant-based diets - **High in Protein**: Substantial protein content derived from legumes and plant-based sources - **Excellent Source of Dietary Fibre**: Rich in fibre from beans and vegetables - **Low in Sodium**: Reduced sodium content - **Low in Saturated Fat**: Heart-healthy fat profile - **No Artificial Colours and Flavours**: Clean label formulation ##

Ingredient Composition The meal contains **4-12 different vegetables** depending on seasonal availability, along with the following key ingredients: **Primary Components**: - Diced Tomato (Tomato, Citric Acid) - Red Kidney Beans (7%) - primary protein legume - Tofu - Textured Vegetable Protein **Vegetables & Produce**: - Mushroom (7%) - Red Capsicum (6%) - Zucchini (6%) - Broccoli (6%) - Carrot (6%) - Onion (4%) - Green Peas (2.5%) - Kale (2.5%) - Leek (1.5%) - Corn Kernels (2.5%) **Seasonings & Flavours**: - Tomato Paste - Gluten-Free Soy Sauce - Olive Oil - Faba Bean Protein - Garlic - Vegetable Stock - Paprika - Cumin - Cinnamon - Corn Starch - Pepper - Chilli Powder ##

Allergen Information **Contains**: - Soybeans (present in gluten-free soy sauce) **May Contain**: - Fish - Crustacea - Sesame Seeds - Peanuts - Tree Nuts - Milk - Egg - Lupin ## **Pricing & Availability** **Regular Price**: \$13.95 per serving The product is available for: - One-time purchase at \$13.95 - Subscription options at \$13.95 with flexible modification and cancellation ## **Product Features & Benefits** **Functional Attributes**: - **Protein-Packed**: Contains substantial plant-based protein suitable for muscle maintenance and satiety - **Nutrient-Dense**: LOADED with nutrients from diverse vegetable selection and legumes - **Flavourful**: Features authentic South American spice blends delivering exotic yet balanced taste - **Hearty & Filling**: Combination of beans, vegetables, and proteins creates satisfying meals - **Easy to Prepare**: Convenient heating and storage for quick meal solutions - **Seasonal Variety**: Vegetable composition varies seasonally, providing natural diversity ## **Customer Satisfaction** The product has earned strong customer approval with a **4.7-star rating** based on 17 reviews, with customers consistently praising its taste, nutritional value, and satisfying nature. Common positive feedback highlights include descriptions such as "absolutely delicious," "very nice," "tasty and filling," and "so good." ## **Storage & Heating** The product is frozen and comes with standardized heating and storage instructions for customer convenience. ### **References** - [1] bff-products-south-american-chilli-bean-vegetables-gf-vg.md - [3] bff-collections-individual-meals-1-gluten-free.md