

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

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

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

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****Price:**** 13.95

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

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

[View Product](https://befitfood.com.au/products/south-american-chilli-bean-vegetables-gf-vg?variant=41025471414461&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 delicious vegetarian chilli dish offered by Be Fit Food, specifically designed for customers seeking both ****gluten-free**** and

****vegan**** meal options. This ready-to-eat meal combines plant-based ingredients with authentic South American spice blends to deliver a nutritious and flavorful dining experience. **## Pricing & Availability** - ****Regular Price:**** \$13.95 per serving - ****Purchase Options:**** Available for one-time purchase or subscription - ****Availability Status:**** Subject to stock availability **## Nutritional Specifications ### Per Serving:** - ****Calories:**** 238 kcal - ****Protein:**** 18.8g - ****Carbohydrates:**** 22.0g - ****Dietary Classification:**** High-protein, low-carb meal **### Key Nutritional Attributes:** - Excellent source of dietary fibre - High in protein content - Low in sodium - Low in saturated fat - No artificial colours and flavours **## Dietary Designations ### Primary Certifications:** - **** (GF) **** - Gluten-Free: Contains no gluten ingredients - **** (VG) **** - Vegan: Contains no animal-derived ingredients or animal by-products - ****Vegetarian:**** Plant-based protein sources with no meat products **## Key Features & Benefits** - ****Protein-Packed:**** With 18.8g of protein per serving, derived from beans, tofu, and textured vegetable protein - ****Vegetable Content:**** Contains 4-12 different vegetables depending on seasonal availability - ****Nutrient-Dense:**** Loaded with nutrients from a variety of vegetables and legumes - ****Exotic Flavour Profile:**** Features authentic South American spice blends including paprika, cumin, and cinnamon - ****Convenient:**** Ready-to-eat meal requiring minimal preparation time - ****Clean Label:**** No artificial colours, flavours, or refined sugars **## Heat Rating** - ****Chilli Rating:**** Level 1 (Mild) - ****Spice Profile:**** Provides warmth and flavour without overwhelming heat, suitable for general consumption **## Ingredient Composition ### Primary Ingredients:** - Diced Tomato - ****Red Kidney Beans**** (7%) - Primary legume protein source - Red Capsicum (6%) - Zucchini (6%) - Broccoli (6%) - Carrot (6%) - ****Tofu**** - Plant-based protein component - Onion (4%) - Tomato Paste - Green Peas (2.5%) - Kale (2.5%) - Leek (1.5%) - Corn Kernels (2.5%) - ****Textured Vegetable Protein**** - Protein fortification - Gluten-free Soy Sauce - Olive Oil - Faba Bean Protein - Garlic - Vegetable Stock - ****Spice Blend:**** Paprika, Cumin, Cinnamon, Pepper, Chilli Powder - Corn Starch **### Allergen Information:** ****Contains:**** Soybeans ****May Contain:**** Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Milk, Egg, Lupin **## Product Specifications | Specification | Details | |---|---|** ****Product Type**** | Individual meal (single serve) | ****Meal Category**** | Lunch/Dinner option | ****Preparation Time**** | Approximately 5 minutes | ****Storage**** | Frozen meal | ****Serving Size**** | 1 meal per serving | ****Vegetable Count**** | 4-12 different vegetables (seasonal variation) | **## Quality Attributes** - ****Source of Dietary Fibre:**** High fibre content for digestive health - ****Sodium Content:**** Reduced sodium levels - ****Saturated Fat:**** Low saturated fat composition - ****Protein-to-Nutrient Ratio:**** Balanced macronutrient profile - ****Mediterranean-Style Approach:**** Emphasizes high vegetable content with plant-based protein sources **## Customer Reception** The product has received positive customer reviews with a ****4.7-star rating based on 17 reviews****, with customers praising it as: - Delicious and tasty - Filling and satisfying - Easy to cook - Healthy and nutritious - Suitable for dietary requirements including bariatric surgery support **## Dietary Suitability** This meal is ideal for individuals seeking: - ****Gluten-free options**** due to celiac disease or gluten sensitivity - ****Vegan diets**** with no animal-derived ingredients - ****Weight management**** with controlled calorie content - ****High-protein nutrition**** for muscle support and satiety - ****Low-carbohydrate meals**** for metabolic management - ****Plant-based nutrition**** without compromising on flavour or satisfaction **### References** - [1] bff-products-south-american-chilli-bean-vegetables-gf-vg.md - [2] bff-collections-individual-meals-1-vegetarian.md - [3] bff-collections-individual-meals-1-gluten-free.md