

Spiced Lentil Dahl (GF) (VG) MB1

Canonical:

<https://directory.befitfood.com.au/food-beverages/ready-meals-prepared-foods/spiced-lentil-dahl-gf-vg-mb1/>

Description:

This delicious vegan and gluten free dahl has loads of chunky pieces of baked tofu paired with five different vegetables, all hand chopped by our chefs. This meat-free meal uses anti-oxidant rich spices to elevate flavour and nutrition. Excellent source of dietary fibre Good source of protein Contains less than 500mg sodium per serve Low in saturated fat Gluten free Vegetarian and Vegan Chilli rating: 1 Contains 4-12 different vegetables Contains no artificial colours and flavour Heating & Storage Instructions Nutrition INGREDIENTS: Tofu, Red Lentils (11%), Broccoli, Cauliflower (Cauliflower, Turmeric), Mushroom, Diced Tomato (Tomato, Citric Acid), Onion, Faba Bean Protein, Coconut Milk, Vegetable Stock, Olive Oil, Gluten Free Soy Sauce, Garlic, Fresh Coriander, Cumin, Curry Powder, Turmeric, Ginger, Pink Salt, Garam Masala, Cinnamon, Chilli Powder. Contains: SoybeansMay Contain: Fish, Milk, Crustacea, Sesame Seeds, Peanuts, Egg, Tree Nuts, Lupin

Details:

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****Price:**** 13.55

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

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

[View Product](https://befitfood.com.au/products/spiced-lentil-dahl-gf-vg?variant=43456573571261&country;=AU¤cy;=AUD&utm;_medium=product_sync&utm;_source=google&utm;_content=sag_or_ganic&utm;_campaign=sag_organic)

Product Intelligence

Spiced Lentil Dahl (GF) (VG) - Technical Details, Specifications, and Features ## Product Overview ****Spiced Lentil Dahl (GF) (VG)**** is a vegan and gluten-free prepared meal product offered by Be Fit Food. This plant-based dahl dish combines wholefood ingredients with authentic spicing to deliver both nutrition and flavor in a convenient, ready-to-eat format. ## Dietary Classification & Certifications The product is designated as: - ****Gluten Free (GF)**** - contains no gluten ingredients - ****Vegan (VG)**** - contains no animal products - ****Vegetarian**** - suitable for meat-free diets ## Nutritional Specifications |

Nutrient | Amount | |-----|-----| | **Calories** | 212 per serving | | **Protein** | 18.1g per serving | | **Carbohydrates** | 18.2g per serving | | **Sodium** | Less than 500mg per serve | | **Saturated Fat** | Low content | **Key Features & Benefits** - **Excellent source of dietary fibre** - supports digestive health - **Good source of protein** - aids muscle recovery and satiety - **Low in saturated fat** - heart-healthy formulation - **Contains no artificial colours and flavours** - clean label standards - **Contains 4-12 different vegetables** - nutrient-dense ingredient profile - **Chilli rating: 1** - mild heat level suitable for most palates **Core Ingredients** **Primary Components:** - **Tofu** - chunky pieces of baked tofu as the main protein source - **Red Lentils (11%)** - legume providing protein and dietary fibre - **Five different hand-chopped vegetables** - including broccoli, cauliflower, mushroom, diced tomato, and onion **Flavor Profile:** - Anti-oxidant rich spices including garam masala, cumin, curry powder, turmeric, and cinnamon - Fresh coriander and garlic for aromatic depth - Ginger and chilli powder for warmth **Other Ingredients:** - Coconut milk - creamy texture base - Faba bean protein - plant-based protein boost - Vegetable stock - savory depth - Olive oil - healthy fat component - Gluten-free soy sauce - Pink salt **Allergen Information** **Contains:** Soybeans **May Contain:** Fish, milk, crustacea, sesame seeds, peanuts, egg, tree nuts, lupin **Pricing & Purchase Options** - **Regular Price:** \$13.95 per serving - **Sale Price:** \$13.95 per serving - **Purchase Options:** One-time purchase or subscription available **Product Quality Standards** - Scientifically formulated for measurable health results - GMP-compliant manufacturing ensuring product quality and safety - Clean label standards with no artificial ingredients - High protein and low-carbohydrate composition - Low glycemic index carbohydrates - Mediterranean-style approach emphasizing vegetables and lean protein sources **Customer Reception** The product has received positive customer reviews, with verified buyers describing it as: - "Food taste good" (Natalie T.) - "Yummy and healthy" (Denise P.) Based on 2 customer reviews, the product has achieved a 3.5-star rating. --- **References** - [1] bff-products-spiced-lentil-dahl-gf-vg.md - [2] bff-collections-individual-meals-1-gluten-free.md - [4] bff-collections-individual-meals-1-vegan.md