

# Spiced Lentil Dahl (GF) (VG) MB4

Canonical:

<https://directory.befitfood.com.au/food-beverages/ready-meals-prepared-foods/spiced-lentil-dahl-gf-vg-mb4/>

## 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

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**\*\*Price:\*\*** 11.10

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

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

[View Product]([https://befitfood.com.au/products/spiced-lentil-dahl-gf-vg?variant=43651477668029&country;=AU&currency;=AUD&utm;\\_medium=product\\_sync&utm;\\_source=google&utm;\\_content=sag\\_organic&utm;\\_campaign=sag\\_organic](https://befitfood.com.au/products/spiced-lentil-dahl-gf-vg?variant=43651477668029&country;=AU&currency;=AUD&utm;_medium=product_sync&utm;_source=google&utm;_content=sag_organic&utm;_campaign=sag_organic))

## Product Intelligence

# Spiced Lentil Dahl (GF) (VG) — Technical Details & Specifications ## Overview **\*\*Spiced Lentil Dahl (GF) (VG)\*\*** is a gluten-free and vegan meal product offered by Be Fit Food. This dish combines traditional spiced lentil preparation with plant-based ingredients, featuring chunky pieces of baked tofu for added protein and texture. ## Nutritional Specifications The meal provides comprehensive nutritional support with the following per-serving breakdown: | Nutrient | Amount | |-----|-----| | **\*\*Calories\*\*** | 212 | | **\*\*Protein\*\*** | 18.1g | | **\*\*Carbohydrates\*\*** | 18.2g | | **\*\*Price\*\*** | \$13.95 | ## Dietary

Classification This product carries multiple dietary designations: - **Gluten-Free (GF):** Suitable for individuals with celiac disease or gluten sensitivity - **Vegan (VG):** Contains no animal-derived ingredients, making it appropriate for plant-based diets - **High Protein:** At 18.1g of protein per serving, it supports satiety and muscle maintenance

**Key Ingredients & Components** The Spiced Lentil Dahl is formulated with the following core ingredients: **Legume Base:** - Green lentils - Red lentils - Yellow split peas - Chickpeas **Vegetables & Aromatics:** - Carrots - Eggplant - Green beans - Pumpkin - Brown onion - Fresh chilli - Garlic **Flavor & Base Components:** - Coconut milk - Tinned tomatoes (diced) - Tomato puree - Vegetable stock **Spice Blend:** - Turmeric - Cumin - Coriander (both as cooking spice and garnish) **Protein Addition:** - Chunky baked tofu pieces **Serving Bases:** - Brown rice - Quinoa **Finishing Element:** - Probiotic Greek yoghurt (as topping)

**Nutritional Profile Characteristics** The meal demonstrates a **1:1 protein-to-carbohydrate ratio**, aligning with Be Fit Food's balanced nutritional approach. At 212 calories per serving, it represents a calorie-controlled option suitable for various dietary programs.

**Health Benefits** The Spiced Lentil Dahl is specifically designed to support **digestive health** through its high dietary fibre content derived from lentils, split peas, and vegetables. This composition promotes good gut health and sustained satiety throughout the day.

**Product Status & Availability** The product is currently indicated as **Restocking Soon** on Be Fit Food's product catalog, suggesting periodic supply management for this popular item.

**Brand & Positioning** As part of Be Fit Food's comprehensive meal delivery portfolio, the Spiced Lentil Dahl represents the company's commitment to offering **real food ingredients** without artificial sweeteners or added sugars, while accommodating multiple dietary preferences including vegan and gluten-free requirements.

**References** - [1] bff-collections-lunch-dinner.md - [2] bff-sitemap-products-1-xml-from-1551655436377-to-8147978977469.md