

Spiced Lentil Dahl (GF) (VG) MP1

Canonical:

<https://directory.befitfood.com.au/food-beverages/ready-meals-prepared-foods/spiced-lentil-dahl-gf-vg-mp1/>

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:

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

****Price:**** 12.75

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

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

[View Product](https://befitfood.com.au/products/spiced-lentil-dahl-gf-vg?variant=43456573374653&country;=AU¤cy;=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 ## Product Overview ****Spiced Lentil Dahl (GF) (VG)**** is a premium vegan and gluten-free meal product offered by Be Fit Food. This delicious plant-based dish combines chunky pieces of baked tofu with carefully selected vegetables and aromatic spices, creating a nutrient-dense meal suitable for health-conscious consumers with specific dietary requirements. ## Nutritional Specifications The meal provides the following nutritional profile per serving: - ****Calories:**** 212 kcal - ****Protein:**** 18.1g - ****Carbohydrates:**** 18.2g - ****Sodium:****

Less than 500mg per serve - **Saturated Fat:** Low - **Glycemic Index:** Low This macronutrient composition positions the meal as a balanced, high-protein, low-carb option ideal for weight management and metabolic health. **Key Features & Attributes** **Dietary Classifications** The product carries the following dietary designations: - **Gluten Free (GF):** Contains no gluten, suitable for individuals with celiac disease or gluten sensitivity - **Vegan (VG):** Contains no animal-derived ingredients or by-products - **Excellent source of dietary fibre:** Supports digestive health - **Good source of protein:** Provides adequate protein for satiety and muscle maintenance **Quality Standards** - Contains no artificial colours and flavours - Maintains clean label standards - Low in saturated fat - Contains 4-12 different hand-chopped vegetables - Chilli rating: 1 (mild heat level) **Core Ingredients** **Protein & Legume Base** - **Tofu** (primary protein source) - **Red Lentils** (11% composition) - provides dietary fibre and plant-based protein - **Faba Bean Protein** - additional plant-based protein **Vegetables (Hand-Chopped)** - Broccoli - Cauliflower (with turmeric) - Mushroom - Onion - Diced Tomato (with citric acid) **Flavor & Nutritional Enhancement** - **Garam Masala** - traditional spice blend - **Curry Powder** - **Cumin** - **Turmeric** - **Fresh Coriander** - **Ginger** - **Chilli Powder** - **Garlic** - **Pink Salt** - **Cinnamon** **Other Components** - Coconut Milk - provides creamy texture and healthy fats - Vegetable Stock - adds depth of flavour - Olive Oil - healthy fat source - Gluten Free Soy Sauce - provides umami flavouring while maintaining gluten-free status **Allergen Information** **Contains** - Soybeans (from tofu and soy sauce) **May Contain** - Fish - Milk - Crustacea - Sesame Seeds - Peanuts - Egg - Tree Nuts - Lupin **Pricing & Availability** - **Regular Price:** \$13.95 per serving - **Sale Price:** \$13.95 per serving - **Subscription Option:** Available at \$13.95 with subscription flexibility - **Stock Status:** Restocking Soon (as of product listing) **Product Categories & Collections** The Spiced Lentil Dahl (GF) (VG) is featured within multiple Be Fit Food collections: - Individual Meals - Gluten-Free Meals - Vegan Meals - Low-Carb Meals - Low-Calorie Meals - High-Protein Meals **Customer Reception** The product has received positive customer feedback, with verified buyers noting: - "Food taste good" - Natalie T. - "Yummy and healthy" - Denise P. **Storage & Preparation** Heating and storage instructions are available through Be Fit Food's help center, ensuring customers can properly maintain meal quality and safety. --- **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 - [5] bff-collections-individual-meals-1-low-carbs.md - [7] bff-collections-individual-meals-1-high-protein.md