

# Spiced Lentil Dahl (GF) (VG) MP5

Canonical:

<https://directory.befitfood.com.au/food-beverages/ready-meals-prepared-foods/spiced-lentil-dahl-gf-vg-mp5/>

## 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:\*\*** 12.75

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

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

[View Product]([https://befitfood.com.au/products/spiced-lentil-dahl-gf-vg?variant=43456573505725&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=43456573505725&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, Features & Entities ## Product Overview The **\*\*Spiced Lentil Dahl (GF) (VG)\*\*** is a vegan and gluten-free prepared meal product offered by Be Fit Food. This plant-based dish combines lentils with chunky baked tofu and features an array of hand-chopped vegetables paired with anti-oxidant-rich spices for enhanced flavor and nutritional value. ## Nutritional Specifications | Nutrient | Amount | |-----|-----| | **\*\*Calories\*\*** | 212 per serving | | **\*\*Protein\*\*** | 18.1g | | **\*\*Carbohydrates\*\*** | 18.2g | | **\*\*Sodium\*\*** | Less than 500mg per

serve | | **Saturated Fat** | Low | **Dietary Attributes & Certifications** The Spiced Lentil Dahl 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 products, meeting vegan dietary requirements - **Vegetarian** - Meat-free formulation - **High Protein** - Categorized within Be Fit Food's high-protein collection - **Low Calorie** - Part of Be Fit Food's low-calorie meal offerings - **Low Carb** - Included in the low-carb meal collection **Key Features** - **Excellent source of dietary fibre** - Promotes digestive health - **Good source of protein** - Supports muscle maintenance and recovery - **Contains 4-12 different vegetables** - Provides varied nutrients and micronutrients - **Chunky baked tofu pieces** - Delivers substantial protein-rich texture - **Hand-chopped vegetables** - Prepared fresh by Be Fit Food chefs - **Anti-oxidant rich spices** - Enhances both flavor and nutritional profile - **No artificial colours and flavour** - Made with wholefood ingredients - **Chilli Rating: 1** - Mild heat level, suitable for most palates **Primary Ingredients** The meal's core components include: - **Tofu** (primary protein source, baked) - **Red Lentils** (11% of composition) - **Broccoli** - **Cauliflower** (with turmeric) - **Mushroom** - **Diced Tomato** - **Onion** - **Faba Bean Protein** - **Coconut Milk** - **Vegetable Stock** - **Olive Oil** **Flavor & Spice Blend** The meal utilizes a carefully curated spice combination to deliver authentic dahl flavoring: - **Gluten Free Soy Sauce** - Umami flavoring - **Garlic** - Aromatic component - **Fresh Coriander** - Herbaceous note - **Cumin** - Warm spice - **Curry Powder** - Base spice blend - **Turmeric** - Anti-inflammatory spice with antioxidants - **Ginger** - Warming spice - **Garam Masala** - Aromatic spice blend - **Cinnamon** - Subtle sweetness - **Chilli Powder** - Mild heat - **Pink Salt** - Mineral-rich seasoning **Allergen Information** **Contains:** Soybeans **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 - **Purchase Option:** One-time purchase or subscription available - **Availability:** Currently restocking soon **Bundle Inclusions** The Spiced Lentil Dahl is featured in Be Fit Food's meal bundles: - **28 Meal Bundle | Vegetarian Pre-Selected Box** - Includes 5 servings of Spiced Lentil Dahl - **14 Meal Bundle** - Featured 3 times - **7 Meal Bundle** - Included once **Preparation** - **Heating & Storage Instructions** - Available on Be Fit Food website - **Ready-to-eat format** - Requires minimal preparation, heating only **Customer Reception** The product has received positive customer feedback, with reviewers describing it as "yummy and healthy," indicating satisfaction with both taste and nutritional profile. **References** - [1]

bff-products-spiced-lentil-dahl-gf-vg.md - [8] bff-products-28-meal-bundle-vegetarian-set-box.md