

Spiced Lentil Dahl (GF) (VG) MP7

Canonical:

<https://directory.benefitfood.com.au/food-beverages/ready-meals-prepared-foods/spiced-lentil-dahl-gf-vg-mp7/>

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:**** 13.05

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

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

Product Intelligence

Spiced Lentil Dahl (GF) (VG) - Technical Details & Specifications ## Product Overview ****Spiced Lentil Dahl (GF) (VG)**** is a vegan and gluten-free prepared meal offered by Be Fit Food. This plant-based dish combines spiced lentils with chunky pieces of baked tofu and hand-chopped vegetables to create a nutritious and flavorful meal option. ## Nutritional Specifications The product delivers the following nutritional profile per serving: - ****Calories:**** 212 - ****Protein:**** 18.1g - ****Carbohydrates:**** 18.2g - ****Sodium:**** Less than 500mg per serve - ****Saturated Fat:**** Low ## Dietary Classifications & Features The meal is specifically designed to meet multiple dietary requirements: - ****Gluten-Free (GF):**** Formulated without gluten - ****Vegan (VG):**** Contains no animal products - ****Vegetarian:**** Meat-free preparation - ****High Protein:**** Suitable for high-protein dietary goals - ****Low Carbohydrates:**** Fits within low-carb meal preferences ## Key Nutritional Attributes - Excellent source

of dietary fibre - Good source of protein - Low in saturated fat - Contains no artificial colours or flavours

Ingredient Composition The dish features: - **Primary Protein:** Baked tofu (chunky pieces) - **Legumes:** Red lentils (11%) - **Vegetables:** Hand-chopped broccoli, cauliflower, mushroom - **Additional Components:** Diced tomato, onion, faba bean protein, coconut milk - **Seasonings:** Olive oil, gluten-free soy sauce, garlic, fresh coriander, cumin, curry powder, turmeric, ginger, pink salt, garam masala, cinnamon, chilli powder

Allergen Information **Contains:** Soybeans **May Contain:** Fish, milk, crustacea, sesame seeds, peanuts, egg, tree nuts, lupin

Spice Level & Heat Rating **Chilli Rating:** 1 (Mild)

Vegetable Content The meal contains **4-12 different vegetables**, all hand-chopped by Be Fit Food's chefs to ensure quality and freshness.

Pricing & Availability - **Regular Price:** \$13.95 - **Sale Price:** \$13.95 - **Purchase Options:** One-time purchase or subscription available - **Status:** Restocking Soon

Customer Reception The product has received positive customer reviews, with customers describing it as **"yummy and healthy"** and noting its good taste quality.

References - [1] [bff-products-malaysian-spiced-pumpkin-chickpea-soup-gf-vg.md](#) - [3] [bff-products-spiced-lentil-dahl-gf-vg.md](#) - [5] [bff-collections-individual-meals-1-vegan.md](#)