

Trio of Green Soup (GF) (V) MB1

Canonical:

<https://directory.befitfood.com.au/food-beverages/ready-meals-prepared-foods/trio-of-green-soup-gf-v-mb1/>

Description:

Looking to get more green veg in your diet? The trio of greens soup has 50% of your daily recommended serves of veggies in each bowl, from the goodness of fresh broccoli, spinach and green peas. Excellent source of dietary fibre Good source of protein Contains less than 500mg sodium per serve Gluten free Vegetarian Contains 4-12 different vegetables Contains no artificial colours and flavours Heating & Storage Instructions Nutrition **INGREDIENTS:** Broccoli (33%), Ricotta Cheese (Whey, Milk, Salt, Food Acid), Edamame (10%), Green Peas (10%), Spinach (8%), Light Milk, Potato, Onion, Cannellini Beans, Leek (2.5%), Faba Bean Protein, Vegetable Stock, Olive Oil, Garlic, Cumin, Pepper, Pink Salt. **Contains:** Milk, Soybeans **May Contain:** Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Egg, Lupin

Details:

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****Price:**** 13.55

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

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

[View Product](https://befitfood.com.au/products/trio-of-green-soup-gf-v?variant=43454423761085&country=AU¤cy=AUD&utm_medium=product_sync&utm_source=google&utm_content=sag_organic&utm_campaign=sag_organic)

Product Intelligence

Trio of Green Soup (GF) (V) - Technical Details, Specifications, Features, and Entities ## Product Overview The **Trio of Green Soup (GF) (V)** is a gluten-free and vegan soup product offered by Be Fit Food. This nutritious meal option is specifically designed for individuals seeking to increase their green vegetable intake while maintaining dietary preferences for plant-based and gluten-free consumption. ## Nutritional Specifications The Trio of Green Soup provides comprehensive nutritional support per serving: - ****Calories**:** 244 kcal - ****Protein**:** 20.4g - ****Carbohydrates**:** 13.6g - ****Dietary Fiber**:** Excellent source - ****Sodium**:** Less than 500mg per serve ## Key Features and Dietary Attributes ### Dietary Classifications - ****Gluten-Free (GF)**:** Formulated to meet gluten-free dietary

requirements - **Vegan (V)**: Contains no animal-derived ingredients - **Vegetarian**: Free from all meat products **Nutritional Benefits** - **Excellent source of dietary fiber**: Supports digestive health - **Good source of protein**: Delivers 20.4g per serving for satiety and muscle support - **No artificial colors and flavours**: Uses only natural ingredients **Vegetable Content** - **Daily recommended vegetable servings**: Contains 50% of daily recommended serves of vegetables in each bowl - **Vegetable diversity**: Contains 4-12 different vegetables depending on seasonal availability **Primary Ingredients** The soup is composed of fresh green vegetables and supporting ingredients: - **Broccoli** (33%) - Primary green vegetable component - **Ricotta Cheese** (containing whey, milk, salt, food acid) - **Edamame** (10%) - Soybean-based protein source - **Green Peas** (10%) - **Spinach** (8%) - **Light Milk** - **Potato** - **Onion** - **Cannellini Beans** - **Leek** (2.5%) - **Faba Bean Protein** - **Vegetable Stock** - **Olive Oil** - **Garlic** - **Cumin** - Primary seasoning - **Pepper** - **Pink Salt** **Allergen Information** **Contains** - **Milk** - **Soybeans** (from edamame) **May Contain** - Fish - Crustacea - Sesame Seeds - Peanuts - Tree Nuts - Egg - Lupin **Pricing and Purchase Options** **Price**: \$13.95 per serving **Purchase Methods** - **One-time purchase**: \$13.95 - **Subscription option**: Available at \$13.95 with flexible modification and cancellation **Customer Reception and Reviews** The Trio of Green Soup has received positive customer feedback with an average rating of **4.6 out of 5** based on 8 reviews. Notable customer comments include: - **Taste and Flavor**: Customers praise the delicious flavors and note the distinctive cumin seasoning - **Texture**: Described as thick and creamy - **Satiety**: Keeps consumers full for extended periods - **Versatility**: Popular as a favorite vegetarian meal option **Product Availability and Inclusions** The Trio of Green Soup is available in multiple offerings: - **Standalone quantities**: Available as individual 5-unit packs - **Meal bundles**: Included in the 14 Meal Bundle (appearing 3 times within the selection) - **28 Meal Bundle**: Featured 6 times in the Vegetarian Pre-Selected Box - **Reset Programs**: 5 servings provided per box in the Reset program - **Reset 7 Days - Continental Pre-Selected Box**: Available as a lunch or dinner meal option **Storage and Heating Instructions** The product includes dedicated heating and storage guidance to maintain quality and food safety standards. **References** - [1] bff-products-trio-of-green-soup-gf-v.md