

Trio of Green Soup (GF) (V) RRP

Canonical:

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

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

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****Price:**** 13.95

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

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

[View Product](https://befitfood.com.au/products/trio-of-green-soup-gf-v?variant=43454385127613&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, and Features ## Product Overview

****Trio of Green Soup (GF) (V)**** is a gluten-free and vegan soup product offered by Be Fit Food, designed as a nutritious lunch or dinner option. The soup features a thick and creamy texture with a distinctive green color and is characterized by cumin as a key flavor component according to customer feedback. ## Nutritional Specifications The Trio of Green Soup provides the following nutritional profile per serving: - ****Calories:**** 244 kcal - ****Protein:**** 20.4g - ****Carbohydrates:**** 13.6g - ****Sodium:**** Less than 500mg per serve - ****Dietary Fibre:**** Excellent source ## Key Features ### Dietary Certifications - ****Gluten-Free (GF):**** Formulated to meet gluten-free dietary requirements - ****Vegan (V):**** Contains no

animal products, suitable for plant-based diets - **Vegetarian:** Also classified as a vegetarian meal option **Nutritional Benefits** - **High Protein Content:** Delivers 20.4g of protein per serving, supporting muscle maintenance and satiety - **Vegetable Content:** Provides 50% of the daily recommended vegetable servings per bowl - **Low Sodium:** Contains less than 500mg sodium per serve **Ingredients** The Trio of Green Soup contains the following key ingredient components: - **Green Peas:** 10% of composition - **Edamame:** 10% of composition - **Leek:** 2.5% of composition - **Potato:** Present in the blend - **Onion:** Included as a base ingredient - **Garlic:** Flavor component - **Olive Oil:** Base ingredient - **Milk and Ricotta Cheese (Whey):** Dairy components creating the creamy texture **Pricing and Availability** - **RRP:** \$13.95 per serving **Bundle Inclusions** The Trio of Green Soup is featured in Be Fit Food's meal bundles: - **Reset 7 Days - Continental Pre-Selected Box:** Includes 1 serving - **Reset 14 Days - Vegetarian Pre-Selected Box:** Includes 5 servings - **14 Meal Bundle:** Includes 3 servings - **28 Meal Bundle:** Includes 6 servings - **7 Meal Bundle:** Includes 1 serving **Customer Reviews** The product has received positive customer feedback, with verified buyers praising its culinary qualities. Customer Bobbi, a verified buyer, noted that the Trio of Green Soup "tastes great and keeps one full for hours." **Manufacturer** Trio of Green Soup (GF) (V) is produced and sold by **Be Fit Food**, an Australian health and nutrition company specializing in meal delivery services and health-focused food products delivered through befitfood.com.au.