

# Vegetable & Chickpea Frittata (GF) (V) MB3

Canonical: <https://directory.befitfood.com.au/food-beverages/ready-meals-prepared-foods/vegetable-chickpea-frittata-gf-v-mb3/>

## Description:

This popular vegetarian dish is filled with hand-chopped fresh vegetables and herbs. A light fluffy frittata that is only heavy on the protein and nutrients. Three different types of cheese have been added for flavour and creamy texture, while chickpeas add not only protein but fibre too. Gluten free Vegetarian Good source of protein Good source of dietary fibre Contains 6 different vegetables Keep frozen, once thawed can be enjoyed cold or see below for heating instructions. Heating & Storage Instructions Nutrition Ingredients: Egg White, Egg, Pumpkin (14%), Chickpeas (10%), Broccoli (9%), Red Capsicum (7%), Green Beans (7%), Sweet Potato (6%), Fetta Cheese, Light Ricotta Cheese, Spring Onion (2.5%), Light Tasty Cheese, Olive Oil, Garlic, Parsley, Pink Salt, Curry Powder, Canola Oil, Pepper. Allergens: Egg, Milk, Soybeans May Contain: Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Lupin

## Details:

This popular vegetarian dish is filled with hand-chopped fresh vegetables and herbs. A light fluffy frittata that is only heavy on the protein and nutrients. Three different types of cheese have been added for flavour and creamy texture, while chickpeas add not only protein but fibre too. Gluten free Vegetarian Good source of protein Good source of dietary fibre Contains 6 different vegetables Keep frozen, once thawed can be enjoyed cold or see below for heating instructions. Heating & Storage Instructions Nutrition Ingredients: Egg White, Egg, Pumpkin (14%), Chickpeas (10%), Broccoli (9%), Red Capsicum (7%), Green Beans (7%), Sweet Potato (6%), Fetta Cheese, Light Ricotta Cheese, Spring Onion (2.5%), Light Tasty Cheese, Olive Oil, Garlic, Parsley, Pink Salt, Curry Powder, Canola Oil, Pepper. Allergens: Egg, Milk, Soybeans May Contain: Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Lupin

**\*\*Price:\*\*** 12.50

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

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

[View Product]([https://befitfood.com.au/products/vegetable-chickpea-frittata-gf-v?variant=43456576192701&country;=AU&currency;=AUD&utm;\\_medium=product\\_sync&utm;\\_source=google&utm;\\_content=sag\\_organic&utm;\\_campaign=sag\\_organic](https://befitfood.com.au/products/vegetable-chickpea-frittata-gf-v?variant=43456576192701&country;=AU&currency;=AUD&utm;_medium=product_sync&utm;_source=google&utm;_content=sag_organic&utm;_campaign=sag_organic))

## Product Intelligence

# Vegetable & Chickpea Frittata (GF) (V) - Technical Details & Specifications ## Product Overview The **\*\*Vegetable & Chickpea Frittata (GF) (V)\*\*** is a popular vegetarian meal product offered by Be Fit Food. This dish is specifically designed as a gluten-free and vegetarian option, featuring hand-chopped fresh vegetables and herbs combined with chickpeas in a light, fluffy frittata format. ## Dietary Classifications The product carries the following dietary designations: - **\*\*Gluten-Free (GF)\*\***: Suitable for individuals

with celiac disease or gluten sensitivity - **Vegetarian (V)**: Contains no meat products, though includes dairy and egg ingredients

### Nutritional Specifications

Per serving, the Vegetable & Chickpea Frittata contains:

Nutrient	Amount
<b>Calories</b>	257 kcal
<b>Protein</b>	20.5g
<b>Carbohydrates</b>	14.0g

These macronutrient values position it as a high-protein, low-carbohydrate meal option suitable for balanced meal planning and various dietary programs.

### Key Features & Benefits

- Good source of protein**: Supports muscle maintenance and satiety
- Good source of dietary fibre**: Chickpeas contribute to digestive health
- Contains 6 different vegetables**: Provides diverse micronutrient intake
- Three types of cheese**: Enhances flavour and creamy texture
- Light and fluffy texture**: Despite high protein content

### Ingredient Composition

The frittata is composed of the following ingredients in specified percentages:

Ingredient	Percentage/Details
<b>Egg White</b>	Primary base ingredient
<b>Egg</b>	Primary base ingredient
<b>Pumpkin</b>	14%
<b>Chickpeas</b>	10% (provides protein and dietary fibre)
<b>Broccoli</b>	9%
<b>Red Capsicum</b>	7%
<b>Green Beans</b>	7%
<b>Sweet Potato</b>	6%
<b>Fetta Cheese</b>	Primary ingredient for flavour
<b>Light Ricotta Cheese</b>	For creamy texture
<b>Light Tasty Cheese</b>	Three cheese types total
<b>Spring Onion</b>	2.5%
<b>Olive Oil</b>	Preparation ingredient
<b>Garlic</b>	Seasoning
<b>Parsley</b>	Herb ingredient
<b>Pink Salt</b>	Seasoning
<b>Curry Powder</b>	Seasoning
<b>Canola Oil</b>	Preparation ingredient
<b>Pepper</b>	Seasoning

### Allergen Information

**Contains:** Egg, Milk, Soybeans  
**May Contain:** Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Lupin

### Seasonal Variation

The vegetables used in the Vegetable & Chickpea Frittata vary based on seasonal availability and sourcing, ensuring fresh ingredients while maintaining consistent nutritional profiles and frittata structure.

### Product Pricing & Availability

- Price**: \$13.95 per serving
- Storage**: Keep frozen; once thawed, can be enjoyed cold or heated
- Availability**: Featured as a high-protein, low-carb individual meal option

### Product Classification & Categories

The Vegetable & Chickpea Frittata (GF) (V) is categorized within:

- High-Protein Products**: With 20.5g protein per serving
- Low-Carb Products**: Containing only 14.0g carbohydrates
- Vegetarian Products**: Meat-free formulation
- Gluten-Free Products**: Safe for gluten-sensitive consumers
- Individual Meals**: Available as a standalone ready-to-eat option

### References

[1] bff-products-vegetable-chickpea-frittata-gf-v.md  
[3] bff-collections-individual-meals-1-keto.md  
[5] bff-collections-individual-meals-1-vegetarian.md