

Wholemeal Beef Lasagne MP1

Canonical:

<https://directory.befitfood.com.au/food-beverages/ready-meals-prepared-foods/wholemeal-beef-lasagne-mp1/>

Description:

With all the familiar flavours of beef and vegetable ragu and layers of pasta with a creamy sauce, our Dietitians and Chefs have recreated this classic favourite, keeping the carbs low and the protein high. Good source of dietary fibre High in protein Less than 500mg sodium per serve. Contains 4-12 different vegetables Low in saturated fat Contains no artificial colours and flavours Chilli rating: 0 Heating & Storage Instructions Nutrition **INGREDIENTS:** Diced Tomato (Tomato, Citric Acid), Beef Mince (22%), Wholemeal Pasta Sheets (10%), Broccoli, Zucchini, Carrot, Onion, Tomato Paste, Parmesan Cheese, Ricotta, Olive Oil, Beef Stock, Light Milk, Garlic, Pink Salt, Dried Basil Leaves, Mixed Herbs, Corn Starch, Pepper. Contains: Wheat, Gluten, Milk May Contain: Fish, Soybeans, Crustacea, Sesame Seeds, Peanuts, Egg, Tree Nuts, Lupin

Details:

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****Price:**** 12.75

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

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

[View Product](https://befitfood.com.au/products/wholemeal-beef-lasagne-gf?variant=43456567083197&country;=AU¤cy;=AUD&utm;_medium=product_sync&utm;_source=google&utm;_content=sag_organic&utm;_campaign=sag_organic)

Product Intelligence

Wholemeal Beef Lasagne - Technical Details, Specifications, and Features ## Product Overview

****Wholemeal Beef Lasagne**** is an individual frozen meal product offered by Be Fit Food, featuring beef and vegetable ragu layered with wholemeal pasta and creamy sauce. This ready-to-eat meal is designed to provide convenient, nutritionally balanced dining for health-conscious consumers. ## Nutritional Specifications The Wholemeal Beef Lasagne delivers comprehensive nutritional support with the following per-serving specifications: | Nutrient | Amount | |-----|-----| | ****Calories**** | 316 calories | | ****Protein**** | 30.1g | | ****Carbohydrates**** | 16.5g | | ****Sodium**** | 154mg | | ****Saturated Fat**** | 2.3g per 100g | | ****Total Sugars**** | 5.7g | | ****Energy**** | 932 kilojoules | ## Key Features & Benefits

****Dietary Classifications:**** - ****High Protein**** - Contains 30.1g of protein per serving, positioning it as an excellent protein source - ****Good source of dietary fibre**** - Supports digestive health - ****Low in saturated fat**** - Promotes cardiovascular health - ****Portion-controlled**** - Individual meal serving designed for convenient consumption ****Nutritional Profile:**** The meal is formulated with a balanced macronutrient ratio, making it suitable for various dietary approaches including ketogenic and low-carbohydrate diets. **## Key Ingredients & Composition** ****Primary Ingredients:**** - ****Beef Mince**** (30%) - Sourced from grass-fed cattle, provides primary protein content - ****Wholemeal Pasta Sheets**** (9%) - Contains wheat - ****Vegetables**** - Includes four different vegetables: - Carrot - Zucchini - Broccoli - Onion ****Supporting Ingredients:**** - Diced tomato and tomato paste for flavor base - Olive oil for cooking and nutrition - Parmesan cheese and ricotta cheese (milk-based) - Beef stock for depth of flavor - Garlic and dried basil for seasoning - Pink salt and pepper for flavor enhancement **## Allergen Information** ****Contains:**** - ****Milk**** - Present in parmesan cheese and ricotta cheese - ****Gluten**** - Present in wholemeal pasta sheets ****May Contain:**** - Fish, Crustacea, Sesame Seeds, Peanuts, Egg, Tree Nuts, Lupin ****Note:**** While positioned as a gluten-free option in some contexts, the Wholemeal Beef Lasagne contains wheat allergens in its wholemeal pasta sheets, distinguishing it from the dedicated Gluten Free Beef Lasagne alternative. **## Product Specifications** ****Packaging & Format:**** - Individual meal portion - Frozen ready-to-eat format - Requires heating before consumption ****Pricing:**** - ****\$14.95 per serving**** ****Availability:**** - Listed as "Restocking Soon" on the Be Fit Food platform - Subject to availability; substitutions may apply within the same meal category ****Product Category:**** - Included in Individual Meals collection - Tagged as High Protein - Part of Be Fit Food's main meal offerings **## Entity Relationships** The Wholemeal Beef Lasagne is closely associated with Be Fit Food's broader product ecosystem: - ****Organization:**** Produced and sold by Be Fit Food - ****Platform:**** Available for purchase through befitfood.com.au - ****Product Classification:**** Included in Individual Meals landing page - ****Customer Reviews:**** Features verified buyer feedback on Be Fit Food's website **## Special Characteristics** The meal combines ****high protein content**** with ****relatively moderate carbohydrate levels****, making it particularly suitable for individuals following structured nutrition programs such as Be Fit Food's keto meals collection or weight management programs. The product represents Be Fit Food's commitment to providing nutritionally complete, snap-fresh frozen meals prepared without artificial sweeteners or refined sugars. **### References** - [1] bff-products-protein-bolognese-gf.md - [4] bff-collections-individual-meals-1-low-calories.md - [6] bff-collections-individual-meals-1-low-carbs.md - [8] bff-collections-individual-meals-1-high-protein.md