

Malaysian Spiced Pumpkin & Chickpea Soup (GF) (VG) MP4

Canonical: <https://directory.befitfood.com.au/fresh-meals/prepared-soups/malaysian-spiced-pumpkin-chickpea-soup-gf-vg-mp4/>

Description:

This vegan soup is hearty, silky and packed with flavour. It is also protein-packed to keep you feeling satisfied for longer without compromising on your weight loss goals. Excellent source of dietary fibre
Good source of protein Contains less than 500mg sodium per serve Low in saturated fat Vegan Gluten free
Chilli rating: 2 Contains 4-12 different vegetables Contains no artificial colours and flavours
Heating & Storage Instructions Nutrition INGREDIENTS: Pumpkin (31%), Carrot, Chickpeas (11%), Coconut Milk (Coconut Cream, Xanthan Gum), Onion, Faba Bean Protein, Leek, Sweet Potato, Vegetable Stock, Lemongrass, Curry Powder, Garlic, Fresh Coriander, Olive Oil, Pink Salt, Kaffir Lime, Pepper, Chilli Powder. May Contain: Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Soybeans, Egg, Milk, Lupin

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****Price:**** 12.55 AUD

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

****Availability:**** in_stock

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Product Intelligence

Malaysian Spiced Pumpkin & Chickpea Soup (GF) (VG) - Product Details ## Product Overview The ****Malaysian Spiced Pumpkin & Chickpea Soup (GF) (VG)**** is a gluten-free and vegan soup product offered by Be Fit Food. This hearty, silky, and protein-packed soup combines pumpkin and chickpeas with aromatic Malaysian spices to create a flavorful and nutritious meal option. ## Key Features - ****Gluten-Free (GF)****: Suitable for customers with celiac disease or gluten sensitivity - ****Vegan (VG)****: Completely plant-based, making it ideal for vegan dietary preferences - ****Hearty & Silky****: Creamy texture that delivers a satisfying meal experience - ****Protein-Packed****: High protein content to support

satiety and nutritional balance - **Multiple Vegetables**: Contains 4-12 different vegetables for comprehensive nutrition ## Nutritional Specifications Each serving provides the following nutritional profile: | Nutrient | Amount | |-----|-----| | **Calories** | 224 | | **Protein** | 18.1g | | **Carbohydrates** | 19.2g | | **Sodium** | Less than 500mg per serve | ## Primary Ingredients - **Pumpkin**: Comprises 31% of the product, providing vitamins A, B, and C, as well as beta carotene - **Chickpeas**: Key protein source - **Malaysian Spices**: Including lemongrass for authentic flavor - **Multiple Vegetables**: Blend of 4-12 different vegetables ## Pricing **\$13.95** per serving ## Customer Reception The soup has received **6 customer reviews**, indicating positive reception from verified buyers who appreciate its taste, wholesomeness, and health benefits.