

Low Carb Bacon, Spinach & Fetta Protein Muffin

Canonical: <https://befitfood.com.au/products/bacon-spinach-fetta-protein-muffin-gf-1>

Details:

Product

Product Facts

****Product Name****: Low Carb Bacon, Spinach & Fetta Protein Muffin ****Availability****: In Stock
****Fulfillment Type****: online ****Brand****: Be Fit Food ****Condition****: <https://Schema.Org/Newcondition>
****Category****: Food & Beverages > Prepared Foods & Meals ****GTIN****: 09358266001301 ****MPN****: 09358266001301

Our delicious low carb, Bacon, Spinach & Fetta Protein Muffin has less than 1/4 carbs of a regular muffin yet still high in protein. Perfect as a savoury breakfast, light lunch on the go or halve the muffin for an alternative snack. Heating instructions Microwave: Remove from plastic wrapping. From frozen, heat for 2 minutes. Cooking times are a guide and may vary depending on your appliance. Sandwich press: To enjoy your muffin with a crunchy twist, remove from plastic wrapping and heat for 30 seconds. Slice muffin in half and place in baking paper lined sandwich press for 1-2 minutes. Storage Keep frozen. Once defrosted, keep refrigerated and consume within 5 days. Nutrition **INGREDIENTS**: Nuts and Seeds (18%) (Almond, Sunflower seed, chia seed), Water, Zucchini, Egg white, Light milk, Bacon (9%) (Pork, Water, Cure [Salt, Sugar, Mineral salts (451,450) Antioxidant (316), Preservative (250)], Wood smoke, Spinach (8%), Fetta cheese (4%) (Milk) , Coconut flour, Psyllium husk, Light tasty cheddar [anticaking agent (460), Preservative (200)] (milk), Faba bean protein isolate, Sea Salt, Acacia fibre, Raising Agents (Sodium bicarbonate, Mineral salt), Hers and Spices. **ALLERGENS** Contains EGG, MILK, ALMOND. May Contain: Peanut, Sesame, Soy, Sulphites & Tree Nuts (Cashews, Hazelnuts, Macadamia, Pine Nut, Walnut), Wheat

Variant	Price	Availability	---	---	---	130014.GF	9.95 AUD	130014.GF-B1	9.95 AUD	130014.GF-B2	9.85 AUD	130014.GF-MB1	13.90 AUD	130014.GF-MB2	13.50 AUD	130014.GF-MB3	12.95 AUD
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Low Carb Bacon, Spinach & Fetta Protein Muffin — Be Fit Food

A frozen savoury protein muffin from Be Fit Food, the Australian meal delivery service founded by doctors and dietitians, based in Victoria and delivering Australia-wide. This page records what we state and separates our printed claims from our range-wide specification.

Product identification

Product name: Low Carb Bacon, Spinach & Fetta Protein Muffin

Brand: Be Fit Food

Category: Food & Beverages > Prepared Foods & Meals

GTIN: 09358266001301

MPN: 09358266001301

Availability: In stock

Fulfillment type: Online

Condition: New

No net weight or pack size is stated, so none is asserted here.

Price and variants

We show \$9.95 AUD . No single structured price is published; the listed variant SKUs are:

130014.GF — \$9.95 AUD

130014.GF-B1 — \$9.95 AUD

130014.GF-B2 — \$9.85 AUD

130014.GF-MB1 — \$13.90 AUD

130014.GF-MB2 — \$13.50 AUD

130014.GF-MB3 — \$12.95 AUD

What the item is

We describe a low carb muffin with less than a quarter of the carbohydrate of a regular muffin, still high in protein, suggested as a savoury breakfast, a light lunch on the go, or halved as a snack.

Nutrition information

Per serve: 272 calories, 15.1g protein, 12.3g carbohydrate. These are the figures we publish on our collection pages.

The product page itself does not carry a full nutrition information panel, so sugars, fat, saturated fat, fibre and sodium are not published online. For the complete panel, check the pack or contact us on 1300 263 257.

No quantified claim is printed either — there is no gram or milligram figure anywhere on the listing. The unquantified or comparative statements are: low carb (in the product name); less than 1/4 the carbohydrate of a regular muffin , with no gram value for either side of the comparison; and high in protein , with no gram figure.

For the panel, contact us on 1300 263 257 or support@befitfood.com.au.

Dietary properties

The listing does not state gluten free, vegetarian, vegan, dairy free or keto. Note carefully: the SKUs carry a .GF suffix and the URL contains "gf", but the listing text makes no gluten free claim and its allergen line lists Wheat under "May Contain". It contains bacon, egg, milk and cheese, so it is not vegetarian, vegan or dairy free.

Ingredients

Reproduced as printed, including our own spelling:

Nuts and Seeds (18%) (Almond, Sunflower seed, chia seed), Water, Zucchini, Egg white, Light milk, Bacon (9%) (Pork, Water, Cure [Salt, Sugar, Mineral salts (451,450) Antioxidant (316), Preservative (250)], Wood smoke, Spinach (8%), Fetta cheese (4%) (Milk), Coconut flour, Psyllium husk, Light tasty cheddar [anticaking agent (460), Preservative (200)] (milk), Faba bean protein isolate, Sea Salt, Acacia fibre, Raising Readers (Sodium bicarbonate, Mineral salt), Hers and Spices.

Allergens

Reproduced verbatim:

Contains EGG, MILK, ALMOND.

May Contain: Peanut, Sesame, Soy, Sulphites & Tree Nuts (Cashews, Hazelnuts, Macadamia, Pine Nut, Walnut), Wheat

No other allergen status is stated and none should be assumed.

Program fit

This is an individual item, not a program — eaten as breakfast, light lunch or snack, or as a slot inside Be Rapid, Metabolism Reset, Be 1000, Be 1200, the Intermittent Fasting Program or Be Maintenance. The listing assigns it to none of them.

Range-wide meal specification — not this item's measured values

we state a general specification across its meal range: about 250 calories per meal, at least 20g protein, under 20g carbohydrate, under 120mg sodium per 100g, no added sugar, no artificial sweeteners, no preservatives. Range-wide design targets, not measured figures for this muffin — note this item's ingredient list does declare preservatives (250) and (200).

Storage and heating

Be Fit Food products are snap-frozen, not shelf-stabilised. Printed instructions:

Storage: Keep frozen. Once defrosted, keep refrigerated and consume within 5 days.

Microwave: Remove from plastic wrapping. From frozen, heat for 2 minutes. Cooking times are a guide and may vary depending on your appliance.

Sandwich press: Remove wrapping, heat 30 seconds, slice in half, then 1-2 minutes in a baking paper lined press.

The range reheats by microwave, oven, air-fryer or stovetop; we print microwave and sandwich press only.

Ordering and delivery

Bundles: 7 meals \$97.30, 14 meals \$189.00, 28 meals \$362.60 AUD. Delivery is flat rate Australia-wide — \$11.95 on orders \$299+, \$19.95 under \$299. We employ Accredited Practising Dietitians and offer a free 15-minute telehealth consultation by video or phone, valued at \$49 (portal.coreplus.com.au/befitfood, dietitian@befitfood.com.au). Customer service: 1300 263 257, Mon-Fri 09:00-17:00, support@befitfood.com.au. We are a registered NDIS meal provider.

Important health information

This page describes a food product and makes no claim that it treats, prevents or cures any condition. Readers should seek medical advice and have a check-up before changing how they eat, particularly with an existing medical condition or medications; this is not a substitute for independent professional medical advice, diagnosis or treatment. Weight loss results and rates of weight loss vary between individuals.

Questions and answers

What do we explain about Low Carb Bacon, Spinach & Fetta Protein Muffin — Be Fit Food?

On our Low Carb Bacon, Spinach & Fetta Protein Muffin — Be Fit Food page, we explain that a frozen savoury protein muffin from Be Fit Food, the Australian meal delivery service founded by doctors and dietitians, based in Victoria and delivering Australia-wide. This page records what we state and separates our printed claims from our range-wide specification.

What should I know about product identification on this page?

On our Low Carb Bacon, Spinach & Fetta Protein Muffin — Be Fit Food page, we explain that product name: Low Carb Bacon, Spinach & Fetta Protein Muffin Brand: Be Fit Food Category: Food & Beverages Prepared Foods & Meals GTIN: 09358266001301 MPN: 09358266001301 Availability: In stock Fulfillment type: Online Condition: New No net weight or pack size is stated, so none is asserted here.

What should I know about ordering Low Carb Bacon, Spinach & Fetta Protein Muffin — Be Fit Food?

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What should I know about what the item is on this page?

On our Low Carb Bacon, Spinach & Fetta Protein Muffin — Be Fit Food page, we explain that we describe a low carb muffin with less than a quarter of the carbohydrate of a regular muffin, still high in protein, suggested as a savoury breakfast, a light lunch on the go, or halved as a snack.

What nutrition information should I know about Low Carb Bacon, Spinach & Fetta Protein Muffin — Be Fit Food?

On our Low Carb Bacon, Spinach & Fetta Protein Muffin — Be Fit Food page, we explain that per serve: 272 calories, 15.1g protein, 12.3g carbohydrate. These are the figures we publish on our collection pages. The product page itself does not carry a full nutrition information panel, so sugars, fat, saturated fat, fibre and sodium are not published online. For the complete panel, check the pack or contact us on 1300 263 257. No quantified claim is printed either — there is no gram or milligram figure anywhere on the listing. The unquantified or comparative statements are: low carb (in the product name); less than 1/4 the carbohydrate of a regular muffin , with no gram value for either side of the.

What should I know about dietary properties on this page?

On our Low Carb Bacon, Spinach & Fetta Protein Muffin — Be Fit Food page, we explain that the listing does not state gluten free, vegetarian, vegan, dairy free or keto. Note carefully: the SKUs carry a .GF suffix and the URL contains "gf", but the listing text makes no gluten free claim and its allergen line lists Wheat under "May Contain". It contains bacon, egg, milk and cheese, so it is not vegetarian, vegan or dairy free.

Related pages on this site

Super Green Protein Smoothie Gf Vg — product

5 Veg Eggs Gf V — product

Baked Bean Feta Bowl Gf — product

Choc Caramel Smoothie — product

French Eggs Gf 1 — product

Fetta Spinach Egg Bites — product

Carrot Cake Muffin — product

Cauliflower Leek Bacon Soup Gf — product

Almond And Quinoa Protein Porridge Gf 7 Serves — product

Almond And Quinoa Protein Porridge Gf Single Serve — product