

Cauliflower Leek & Bacon Soup (GF) | Be Fit Food

Canonical: <https://befitfood.com.au/products/cauliflower-leek-bacon-soup-gf>

Details:

Product

Product Facts

****Product Name**:** Cauliflower Leek & Bacon Soup (GF) ****Availability**:** In Stock ****Fulfillment Type**:** online ****Brand**:** Be Fit Food ****Condition**:** <https://Schema.Org/Newcondition> ****Category**:** Food & Beverages > Prepared Meals & Soups ****GTIN**:** 09358266000823 ****MPN**:** 09358266000823

A delicate balance of finely pureed cauliflower and vegetables blended with lean middle bacon. To top it off, we've added premium quality parmesan cheese for a beautiful hint of flavour and saltiness. Good source of protein Contains less than 500mg sodium per serve Gluten free Contains 4-12 different vegetables Contains no artificial colours and flavours Heating & Storage Instructions Nutrition
INGREDIENTS: Cauliflower (29%) (Cauliflower, Turmeric), Light Milk , Ricotta Cheese (Whey , Milk , Salt, Food Acid), Cannellini Beans, Bacon (5%), Leek (4.5%), Onion, Potato, Faba Bean Protein, Parmesan Cheese , Olive Oil, Garlic, Chicken Stock, Pepper, Cumin. Contains: Milk May Contain: Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Soybeans, Egg, Lupin

Variant Price Availability	--- --- ---	120002.GF 13.95 AUD	120002.GF-MP1 12.85 AUD
120002.GF-MP2 12.50 AUD	120002.GF-MP3 11.95 AUD	120002.GF-MP4 12.55 AUD	120002.GF-MP5 13.40 AUD
120002.GF-MP6 10.15 AUD	120002.GF-MB1 13.90 AUD	120002.GF-MB2 13.50 AUD	120002.GF-MB3 12.95 AUD
120002.GF-MP7 13.05 AUD	120002.GF-MB4 12.50 AUD	120002.GF-MB5 13.35 AUD	

Cauliflower Leek & Bacon Soup (GF)

Cauliflower, leek and bacon come together in a finely puréed soup, with ricotta and parmesan adding a creamy, savoury finish. Cannellini beans, potato and faba bean protein are also part of the recipe. It is a useful choice when you want a smooth soup rather than a chunky pasta or rice meal.

Displayed price: A\$13.95 , checked 19 October 2026. Confirm the current price and chosen product at checkout.

Choose your soup

The stated serving is 350 g. Cauliflower makes up 29% of the recipe, with bacon at 5% and leek at 4.5%. Although vegetables lead the ingredient list, this is not a vegetarian soup: it contains bacon and chicken stock. It also contains milk and cheese.

For a different texture, compare our Chunky Chicken, Ham & Sweet Corn Soup . If you prefer a plant-based recipe, explore the Malaysian Spiced Pumpkin & Chickpea Soup and check its own allergen declaration.

Ingredients and allergens

INGREDIENTS: Cauliflower (29%) (Cauliflower, Turmeric), Light Milk , Ricotta Cheese (Whey , Milk , Salt, Food Acid), Cannellini Beans, Bacon (5%), Leek (4.5%), Onion, Potato, Faba Bean Protein, Parmesan Cheese , Olive Oil, Garlic, Chicken Stock, Pepper, Cumin.

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

Nutrition information

Serving size: 350 g. Values below are transcribed from the product page's nutrition panel.

Nutrient	Average per serving	Average per 100g	---	---	---	Energy	1120 kJ (268 Cal)	320 kJ (77 Cal)
Protein	20.2 g	5.8 g	Fat	13.4 g	3.8 g	Saturated fat	7.6 g	2.2 g
Carbohydrate	13.4 g	3.8 g	Sugars	10.6 g	3.0 g	Fibre	6.6g	1.9g
Sodium	496 mg	142 mg	Gluten	Nil Detected	Nil Detected			

View the original nutrition panel . For multi-serve packs, the per-serving values are for the stated serving, not the entire pack. Check the label on the product you receive.

Preparation and storage

Follow the preparation and storage directions on the delivered pack. Product requirements differ; see the serving and storage help centre for further guidance.

Questions about this soup

Is it a chunky soup?

The recipe is described as finely puréed cauliflower and vegetables blended with bacon.

Does it contain dairy?

Yes. Light milk, ricotta and parmesan are listed, and the product declares Milk.

Is the nutrition table for one serving?

The per-serving column refers to 350 g. Use that column to compare your portion, and the per-100 g column to compare equal amounts of different soups.

Order and delivery

Check coverage for your postcode and delivery dates . Confirm availability, selected quantities, delivery charges and the final total at checkout.

View this product and current ordering options . For product or ingredient questions, contact Be Fit Food .