

Country Chicken, Pea & Ham Soup (GF) | Be Fit Food

Canonical: <https://befitfood.com.au/products/country-chicken-pea-ham-soup-gf-1>

Details:

Product

Product Facts

****Product Name**:** Country Chicken, Pea & Ham Soup (GF) ****Availability**:** In Stock ****Fulfillment Type**:** online ****Brand**:** Be Fit Food ****Condition**:** <https://Schema.Org/Newcondition> ****Category**:** Food & Beverages > Ready-to-Eat Meals & Soups ****GTIN**:** 09358266000847 ****MPN**:** 09358266000847

Our chefs have come up with a sensational chicken soup, full of fibrous veggies and green split peas to keep your tummy satisfied. This low-calorie soup delivers on flavour using the freshest ingredients and highest quality meat. An all-time favourite lunch-time meal that will keep you energised through busy days. Good source of dietary fibre Good source of protein Contains less than 500mg sodium per serve Low in saturated fat Gluten free Contains 4-12 different vegetables Contains no artificial colours and flavours Heating & Storage Instructions Nutrition **INGREDIENTS:** Chicken (20%), Green Split Peas (8%), Carrot, Onion, Celery, Zucchini, Ham (5%), Parsnip, Leek, Cannellini Beans, Chicken Stock, Olive Oil, Garlic, Thyme, Oregano, Pepper, Gluten Free Soy Sauce. Contains: Soybeans May Contain: Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Egg, Milk, Lupin

Variant Price Availability	--- --- ---	120004.GF 13.95 AUD	120004.GF-MP1 12.85 AUD
120004.GF-MP2 12.50 AUD	120004.GF-MP3 11.95 AUD	120004.GF-MP4 12.55 AUD	120004.GF-MP5 13.40 AUD
120004.GF-MP6 10.15 AUD	120004.GF-MB1 13.90 AUD	120004.GF-MB2 13.50 AUD	120004.GF-MB3 12.95 AUD
120004.GF-MP7 13.05 AUD	120004.GF-MB4 12.50 AUD	120004.GF-MB5 13.35 AUD	

Country Chicken, Pea & Ham Soup (GF)

Country Chicken, Pea & Ham Soup brings together chicken, green split peas and ham with a varied vegetable selection. Carrot, celery, zucchini, parsnip and leek feature alongside cannellini beans. Garlic, thyme, oregano and pepper give this prepared soup a familiar savoury flavour for an easy lunch.

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

Choosing this soup

Choose this when you want chicken and ham with split peas and beans. Chicken makes up 20% of the recipe, green split peas 8% and ham 5%. It offers a different combination from Chunky Chicken, Ham & Sweet Corn Soup or a pumpkin soup.

The panel uses a 276 g serving. Compare the full serving with other soups when planning lunch. The product is labelled gluten free and contains gluten-free soy sauce; soybeans are declared as present. Milk and egg appear in the “may contain” list, so check the complete declaration if either matters to your needs.

Ingredients and allergens

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Nutrition information

Serving size: 276 g. Values below are transcribed from the product page's nutrition panel.

Nutrient	Average per serving		Average per 100g		---		---		---		Energy		905 kJ (216 Cal)		328 kJ (78 Cal)			
	Protein		20.6 g		7.5 g		Fat		6.4 g		2.3 g		Saturated fat		1.8 g		0.7 g	
	Carbohydrate		16.4 g		6.0 g		Sugars		4.1g		1.5 g		Fibre		4.7 g		1.7 g	
	Sodium		498 mg		181 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 storage and preparation directions on the pack you receive. Use the product-specific instructions rather than assuming every meal or snack has the same heating time. The heating and storage help centre provides further guidance.

Questions about this soup

Are the peas green peas or split peas?

The ingredients specify green split peas at 8%. Cannellini beans are also included alongside chicken, ham and vegetables.

Is milk a recipe ingredient?

Milk is not listed as a recipe ingredient, but it appears in the “may contain” declaration. This is not a milk-allergy suitability assurance.

Is this a vegetarian pea soup?

No. It contains chicken, ham and chicken stock. For a meat-free soup, compare the labelled vegan Malaysian Spiced Pumpkin & Chickpea Soup .

Order and delivery

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

View this product and choose your quantity . To plan several meals, compare meal bundles or browse the individual meal menu .

For an ingredient or ordering question, contact Be Fit Food . Check your delivered label, including any “may contain” declaration, before choosing for a food allergy.