

French Eggs (GF) | Be Fit Food

Canonical: <https://befitfood.com.au/products/french-eggs-gf-1>

Details:

Product

Product Facts

****Product Name**:** French Eggs (GF) ****Availability**:** In Stock ****Fulfillment Type**:** online ****Brand**:** Be Fit Food ****Condition**:** <https://Schema.Org/Newcondition> ****Category**:** Food & Beverages > Prepared Meals & Ready-to-Eat ****GTIN**:** 09358266000939 ****MPN**:** 09358266000939

These creamy French-style eggs with added egg whites are sure to leave you satisfied, with more than 22g of protein per serve. The delicious combination of bacon, onion, spinach, chives and parmesan cheese ensures that this breakfast is both tasty and nutritious. Simply cook in the microwave or defrost and cook in a frypan for a fluffy, delicious omelette. Good source of protein (22.5g per serve) Contains less than 500mg of sodium per serve Gluten free Chilli rating 0 Heating & Storage Instructions Nutrition
INGREDIENTS: Egg (49%), Egg White (24%), Bacon (9%) (Pork (95%), Water, Salt, Mineral Salts (451, 452), Dextrose (Maize), Antioxidant (316), Nitrite (250), Hydrolysed Vegetable Protein (Maize)), Onion, Spinach, Parmesan Cheese, Spring Onion, Olive Oil, Chives, Garlic, Pepper. Contains: Egg, Milk May Contain: Fish, Soybeans, Sesame Seeds, Tree Nuts, Crustacea, Peanuts, Lupin

Variant	Price	Availability	---	---	---	130012.GF	11.95 AUD	130012.GF-B1	9.95 AUD	
130012.GF-B2	9.85 AUD	130012.GF-MB1	13.90 AUD	130012.GF-MB2	13.50 AUD		130012.GF-MB3	12.95 AUD		

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Price: A\$11.95 . Confirm current availability and the final total at checkout.

[View product and ordering options](#)

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Gluten free

Chilli rating 0

Heating & Storage Instructions

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Nutrition information

Serving size: 206 g. Values below are transcribed from the product page's nutrition panel.

| Nutrient | Average per serving | Average per 100g | | --- | --- | --- | | Energy | 1040 kJ (248 Cal) | 504 kJ (120 Cal) | | Protein | 22.5 g | 10.9 g | | Fat | 16.6 g | 8.1 g | | Saturated fat | 5.7 g | 2.8 g | | Carbohydrate | 2.1g | 1.0g | | Sugars | 1.5g | 0.7g | | Fibre | 0.7 g | 0.3 g | | Sodium | 455 mg | 221 mg |

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.

Delivery and storage

Free standard shipping on eligible orders of A\$200 or more. Standard shipping is A\$19.95 below A\$200. Check your postcode and delivery schedule ; choose an available delivery date at checkout.

Follow the storage and preparation instructions on the product packaging. For guidance, visit heating and storage FAQs . Different products have different preparation requirements.

Questions about this product

Where are the ingredients and allergens?

The product details above reproduce the current online ingredients and allergen information. Always check your delivered pack, including any “may contain” declaration.

Does this order qualify for free shipping?

Eligible orders totalling A\$200 or more qualify for free standard shipping. Below A\$200, standard shipping is A\$19.95. Check delivery coverage and options at checkout.

For help with this product, call 1300 263 257 or email support@befitfood.com.au .

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Super Green Protein Smoothie (VG)

5 Veg Eggs (GF) (V)