

Italian Meatball Soup (GF) | Be Fit Food

Canonical: <https://befitfood.com.au/products/italian-meatball-soup-gf-1>

Details:

Product

Product Facts

****Product Name**:** Italian Meatball Soup (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**:** 09358266000861 ****MPN**:** 09358266000861

Just like Nonna used to make, our hearty meatball soup is packed full of winter vegetables such as zucchini, green beans and carrot served with lean beef meatballs in a rich tomato passata sauce. 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:** Diced Tomato (Tomato, Citric Acid), Beef Mince (16%), Zucchini, Carrot, Green Beans, Tomato Paste, Light Milk , Egg , Garlic, Gluten Free Breadcrumbs, Chicken Stock, Olive Oil, Oregano, Pink Salt, Dried Basil, Pepper, Rosemary. Contains: Egg, Milk May Contain: Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Soybeans, Lupin

Variant	Price	Availability	---	---	---	120006.GF	13.95 AUD		120006.GF-MP1	12.85 AUD	
	120006.GF-MP2	12.50 AUD		120006.GF-MP3	11.95 AUD		120006.GF-MP4	12.55 AUD		120006.GF-MP5	13.40 AUD
	120006.GF-MP6	10.15 AUD		120006.GF-MB1	13.90 AUD		120006.GF-MB2	13.50 AUD		120006.GF-MB3	12.95 AUD
	120006.GF-MB4	12.50 AUD		120006.GF-MB5	13.35 AUD						

Italian Meatball Soup (GF)

Italian Meatball Soup combines beef meatballs with zucchini, carrot and green beans in a rich tomato base. Garlic, oregano, basil and rosemary bring familiar Italian-inspired flavours. Choose it when you want meatballs and vegetables in a bowl, with the cooking already taken care of.

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

Choosing this soup

This is a tomato-based soup with beef meatballs, rather than a meatball-and-pasta main. Beef mince makes up 16% of the recipe; diced tomato, tomato paste and vegetables are also listed. Chicken stock is included as well as beef, which matters when checking which meats are present.

The panel uses a 328 g serving. Use the per-serving column when comparing soups. The recipe includes gluten-free breadcrumbs and is labelled gluten free, but light milk and egg are also included and declared allergens.

If you want a pasta meal instead, compare the separate Italian Beef Meatballs . It has its own ingredients, portion and nutrition.

Ingredients and allergens

INGREDIENTS: Diced Tomato (Tomato, Citric Acid), Beef Mince (16%), Zucchini, Carrot, Green Beans, Tomato Paste, Light Milk , Egg , Garlic, Gluten Free Breadcrumbs, Chicken Stock, Olive Oil,

Oregano, Pink Salt, Dried Basil, Pepper, Rosemary.

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

Nutrition information

Serving size: 328 g. Values below are transcribed from the product page's nutrition panel.

Nutrient	Average per serving	Average per 100g	---	---	---	Energy	922 kJ (220 Cal)	281 kJ (67 Cal)
Protein	19.8 g	6.1 g	Fat	8.5g	2.6g	Saturated fat	2.5 g	0.8 g
Carbohydrate	13.6 g	4.2 g	Sugars	6.8 g	2.1 g	Fibre	5.1 g	1.6 g
Sodium	414 mg	126 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.

Italian Meatball Soup questions

Does it contain pasta?

Pasta is not listed. Ingredients include beef mince, vegetables, tomato, gluten-free breadcrumbs, milk, egg and seasonings.

Which meat is used?

The meatballs use beef mince at 16% of the recipe. Chicken stock is also included, so this is not a recipe containing beef as its only animal ingredient.

Are the meatballs dairy-free or egg-free?

No. The product contains light milk and egg, both declared allergens. Review the complete “may contain” list as well.

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.