

Spanish Eggs (GF) | Be Fit Food

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

Details:

Product

Product Facts

****Product Name**:** Spanish 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**:** 09358266000946 ****MPN**:** 09358266000946

A flavourful protein-packed Spanish inspired meal with chorizo, red capsicum, corn, spring onion and spinach. Simply cook in the microwave or defrost and cook in a frypan for a perfect breakfast omelette. Good source of protein (21.6g per serve) Contains less than 500mg of sodium per serve Gluten free Contains no artificial colours and flavours Chilli rating 0 Heating & Storage Instructions Nutrition
INGREDIENTS: Egg (44%), Egg White (22%), Spinach, Red Capsicum, Chorizo (7%) (Pork, Salt, Spices, Maltodextrin (Maize), Garlic, Mineral Salts (451, 450), Antioxidant (316), Preservative (250), Natural Hog Casing, Wood Smoke), Corn Kernels, Spring Onion, Olive Oil, Garlic, Pepper. Contains: Egg May Contain: Fish, Crustacea, Sesame Seeds, Peanuts, Soybeans, Tree Nuts, Milk, Lupin

Variant	Price	Availability	---	---	---	130021.GF	11.95 AUD	130021.GF-B1	9.95 AUD	130021.GF-B2	9.85 AUD	130021.GF-MB1	13.90 AUD	130021.GF-MB2	13.50 AUD	130021.GF-MB3	12.95 AUD	
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Spanish Eggs (GF)

A flavourful protein-packed Spanish inspired meal with chorizo, red capsicum, corn, spring onion and spinach. Simply cook in the microwave or defrost and cook in a frypan for a perfect breakfast omelette.

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

[View product and ordering options](#)

Product details

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Contains less than 500mg of sodium per serve

Gluten free

Contains no artificial colours and flavours

Chilli rating 0

Heating & Storage Instructions

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Nutrition information

Serving size: 225 g. Values below are transcribed from the product page's nutrition panel.

| Nutrient | Average per serving | Average per 100g | | --- | --- | --- | | Energy | 1080 kJ (258 Cal) | 480 kJ (115 Cal) | | Protein | 21.6 g | 9.6 g | | Fat | 17.2g | 7.6g | | Saturated fat | 5.3 g | 2.4 g | | Carbohydrate | 3.9 g | 1.8 g | | Sugars | 2.4 g | 1.1 g | | Fibre | 1.4 g | 0.6 g | | Sodium | 373 mg | 166 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)