

Vegetable & Chickpea Frittata (GF) (V) | Be Fit Food

Canonical: <https://befitfood.com.au/products/vegetable-chickpea-frittata-gf-v>

Details:

Product

Product Facts

****Product Name**:** Vegetable & Chickpea Frittata (GF) (V) ****Availability**:** In Stock ****Fulfillment Type**:** online ****Brand**:** Be Fit Food ****Condition**:** <https://Schema.Org/Newcondition> ****Category**:** Food & Groceries > Prepared Meals & Ready-to-Eat ****GTIN**:** 09358266000694 ****MPN**:** 09358266000694

This popular vegetarian dish is filled with hand-chopped fresh vegetables and herbs. A light fluffy frittata that is only heavy on the protein and nutrients. Three different types of cheese have been added for flavour and creamy texture, while chickpeas add not only protein but fibre too. Gluten free Vegetarian Good source of protein Good source of dietary fibre Contains 6 different vegetables Keep frozen, once thawed can be enjoyed cold or see below for heating instructions. Heating & Storage Instructions Nutrition Ingredients: Egg White, Egg , Pumpkin (14%), Chickpeas (10%), Broccoli (9%), Red Capsicum (7%), Green Beans (7%), Sweet Potato (6%), Fetta Cheese, Light Ricotta Cheese , Spring Onion (2.5%), Light Tasty Cheese , Olive Oil, Garlic, Parsley, Pink Salt, Curry Powder, Pepper. Allergens: Egg, Milk, Soybeans May Contain: Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Lupin

Variant Price Availability	--- --- ---	110020.GF 13.95 AUD	110020.GF-MP1 12.85 AUD
110020.GF-MP2 12.50 AUD	110020.GF-MP3 11.95 AUD	110020.GF-MP4 12.55 AUD	110020.GF-MP5 13.40 AUD
110020.GF-MP6 10.15 AUD	110020.GF-MB1 13.90 AUD	110020.GF-MB2 13.50 AUD	110020.GF-MB3 12.95 AUD
110020.GF-MP7 13.05 AUD	110020.GF-MB4 12.50 AUD		

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Price: A\$13.95 . Confirm current availability and the final total at checkout.

[View product and ordering options](#)

Product details

Gluten free

Vegetarian

Good source of protein

Good source of dietary fibre

Contains 6 different vegetables

Keep frozen, once thawed can be enjoyed cold or see below for heating instructions.

Heating & Storage Instructions

Ingredients: Egg White, Egg , Pumpkin (14%), Chickpeas (10%), Broccoli (9%), Red Capsicum (7%), Green Beans (7%), Sweet Potato (6%), Fetta Cheese, Light Ricotta Cheese , Spring Onion (2.5%), Light Tasty Cheese , Olive Oil, Garlic, Parsley, Pink Salt, Curry Powder, Pepper.

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

Nutrition information

Serving size: 229 g. Values below are transcribed from the product page's nutrition panel.

Nutrient	Average per serving	Average per 100g	---	---	---	Energy	1080 kJ (257 Cal)	470 kJ (112 Cal)
Protein	20.5 g	9.0 g	Fat	12.0 g	5.2 g	Saturated fat	4.8 g	2.1 g
Carbohydrate	14.0 g	6.1 g	Sugars	5.4 g	2.4 g	Fibre	5.8 g	2.5 g
Sodium	478 mg	208 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 .

Explore related products

Mexican Stovetop Penne (GF)

Wholemeal Beef Lasagne

Italian Beef Meatballs (GF)