

Wholemeal Beef Lasagne | Be Fit Food

Canonical: <https://befitfood.com.au/products/wholemeal-beef-lasagne-gf>

Details:

Product

Product Facts

****Product Name**:** Wholemeal Beef Lasagne ****Availability**:** In Stock ****Fulfillment Type**:** online
****Brand**:** Be Fit Food ****Condition**:** <https://Schema.Org/Newcondition> ****Category**:** Food & Beverages > Prepared Meals & Ready-to-Eat ****GTIN**:** 09358266000007 ****MPN**:** 09358266000007

With all the familiar flavours of beef and vegetable ragu and layers of pasta with a creamy sauce, our Dietitians and Chefs have recreated this classic favourite, keeping the carbs low and the protein high. Good source of dietary fibre High in protein Less than 500mg sodium per serve. Contains 4-12 different vegetables Low in saturated fat Contains no artificial colours and flavours Chilli rating: 0 Heating & Storage Instructions * Meals with 30g Protein Badge are \$1 more than other main meals. Nutrition
INGREDIENTS: Beef Mince (30%), Diced Tomato (Tomato, Citric Acid), Wholemeal Pasta Sheets (9%) (Wheat), Broccoli, Carrot, Zucchini, Onion, Tomato Paste, Parmesan Cheese (Milk), Ricotta Cheese (Milk), Beef Stock, Olive Oil, Light Milk , Garlic, Dried Basil, Mixed Herbs, Pink Salt, Corn Starch, Pepper. Contains: Wheat, Gluten, Milk May Contain: Fish, Soybeans, Crustacea, Sesame Seeds, Peanuts, Egg, Tree Nuts, Lupin

Variant	Price	Availability	---	---	---	110025.GF	14.95 AUD		110025.GF-MP1	13.85 AUD		
	110025.GF-MP2	13.50 AUD		110025.GF-MP3	12.95 AUD		110025.GF-MP4	13.55 AUD		110025.GF-MP5	14.40 AUD	
	110025.GF-MP6	10.15 AUD		110025.GF-MB1	14.90 AUD		110025.GF-MB2	14.50 AUD		110025.GF-MB3	13.95 AUD	
	110025.GF-MP7	14.05 AUD		110025.GF-MB4	13.50 AUD		110025.SRT	99.00 AUD		110025.GF-MB5	0.00 AUD	

Wholemeal Beef Lasagne

With all the familiar flavours of beef and vegetable ragu and layers of pasta with a creamy sauce, our Dietitians and Chefs have recreated this classic favourite, keeping the carbs low and the protein high.

Price: A\$14.95 . Confirm current availability and the final total at checkout.

[View product and ordering options](#)

Product details

Good source of dietary fibre

High in protein

Less than 500mg sodium per serve.

Contains 4-12 different vegetables

Low in saturated fat

Contains no artificial colours and flavours

Chilli rating: 0

Heating & Storage Instructions

INGREDIENTS: Beef Mince (30%), Diced Tomato (Tomato, Citric Acid), Wholemeal Pasta Sheets (9%) (Wheat), Broccoli, Carrot, Zucchini, Onion, Tomato Paste, Parmesan Cheese (Milk), Ricotta Cheese (Milk), Beef Stock, Olive Oil, Light Milk , Garlic, Dried Basil, Mixed Herbs, Pink Salt, Corn Starch, Pepper.

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Nutrition information

Serving size: 311g. Values below are transcribed from the product page's nutrition panel.

Nutrient	Average per serving	Average per 100g	---	---	---	Energy	1320 kJ (316 Cal)	425 kJ (102 Cal)
Protein	30.1g	9.7g	Fat	13.3g	4.3g	Saturated fat	5.0g	1.6g
Carbohydrate	16.5g	5.3g	Sugars	6.7g	2.2g	Fibre	6.0g	1.9g
Sodium	420mg	135mg						

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.

Is this lasagne gluten free?

No. Wholemeal Beef Lasagne declares wheat, gluten and milk. The wording in its web address does not indicate dietary suitability. For the separate gluten-free product, see Gluten Free Beef Lasagne and review its own allergen declaration.

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)

Italian Beef Meatballs (GF)

Beef Chow Mein (GF)