

# Low Carb Bacon, Spinach & Fetta Protein Muffin - Product Specification

## Details:

# Low Carb Bacon, Spinach & Fetta Protein Muffin ## Original PDF Content > \*This section contains the original text extracted from the PDF document, preserved verbatim.\* `` --- Page 1 --- Breakfast item: Low Carb Bacon, Spinach & Fetta Protein Muffin — Deep Product Information 1) Product Identity ●■ Product name (exact / canonical): Low Carb Bacon, Spinach & Fetta Protein Muffin ●■ Brand: Be Fit Food ●■ Manufacturer: Not publicly specified on the product page (manufacturer details are typically on the physical packaging). ●■ Product category: Breakfast ●■ Sub-category: Savoury “protein muffin” (ready-to-heat baked item) ●■ SKU / GTIN / barcode: Not displayed on the public product page. ●■ Variant details (size / flavour / pack type): ■■ Pack type: Single muffin, individually wrapped in plastic (heating instructions require removing plastic wrapping). ■■ Servings per package: 1 ■■ Serving size: 135 g ■■ Flavour / key inclusions: Bacon + spinach + fetta, with a seed/nut base and added plant protein. 2) Composition & Nutrition Full ingredient list (ordered as listed) Ingredients: Nuts and Seeds (18%) (Almond, Sunflower Seed, Chia Seed), Water, Zucchini, Egg White, Light Milk, Bacon (9%) (Pork, Water, Cure [Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250)], Wood Smoke), Spinach (8%), Fetta Cheese (4%) (Milk), Coconut Flour, Psyllium Husk, Light Tasty Cheddar (Milk) [Anticaking Agent (460), Preservative (200)], --- Page 2 --- Faba Bean Protein Isolate, Sea Salt, Acacia Fibre, Raising Agents (Sodium Bicarbonate, Mineral Salt), Herbs and Spices. Allergen declarations ●■ Contains: Egg, Milk, Almond ●■ May contain (cross-contact): Peanut, Sesame, Soy, Sulphites, Tree Nuts (Cashews, Hazelnuts, Macadamia, Pine Nut, Walnut), Wheat Nutrition panel (per serve & per 100 g) Servings per package: 1 Serving size: 135 g Nutrient Per serve (135 g) Per 100 g Energy 966 kJ (231 Cal) 761 kJ (171 Cal) Protein 17.7 g 13.1 g Fat, total 13.3 g 9.9 g – Saturated 2.5 g 1.8 g Carbohydrate 5.4 g 4.0 g – Sugars 2.3 g 1.7 g Dietary fibre 6.8 g 5.0 g Sodium 542 mg 402 mg Additives, preservatives, sweeteners (by name/code) ●■ Bacon component: Mineral Salts (451, 450), Antioxidant (316), Preservative (250); includes sugar in the cure. ●■ Cheddar component: Anticaking Agent (460), Preservative (200). ●■ Raising agents: Sodium bicarbonate + “mineral salt” (not numbered here). ●■ Sweeteners: None listed as sweeteners (but sugar is present in the bacon cure). ■ --- Page 3 --- Dietary classifications ●■ Low carb (as positioned): Yes (product is marketed as “low carb”; 5.4 g carbs per serve). ●■ High protein (practical): Yes (17.7 g protein per serve). ●■ Gluten-free: Not explicitly stated on the product page text shown; allergen statement includes “may contain wheat” (so this is not appropriate for strict wheat avoidance without further confirmation from the pack/brand). ●■ Vegetarian / vegan: No (contains bacon/pork; also contains egg and dairy). ●■ Halal / kosher: Not suitable (contains pork; no certification shown). 3) Functional Purpose ●■ Primary use case: A convenient savoury breakfast item you can heat quickly. ●■ Key benefits (health / convenience / performance): ■■ Lower-carb alternative to a typical muffin (brand positioning: “less than 1/4 carbs of a regular muffin”). ■■ Protein-forward and fibre-forward for better satiety (17.7 g protein + 6.8 g fibre per serve). ■■ Portable format that works as breakfast, light lunch, or a snack (the product description positions it this way). ●■ Problem it solves / need it fulfils: Replaces higher-carb bakery-style breakfasts with a portioned, heat-and-eat savoury option that’s more aligned with low-carb/high-protein eating. ●■ Intended consumer: Adults wanting quick breakfasts and lower-carb options; people who like savoury, protein-forward snacks. Not suitable for people who avoid pork or have egg/dairy/nut allergies. 4) Quality & Safety --- Page 4 --- ●■ Country of origin: Not stated on the product page (check the physical pack label for the formal country-of-origin statement). ●■ Production method: Baked savoury muffin-style product intended for frozen storage and reheating. (No “organic/free-range” style claims stated on the product page.) ●■ Food safety certifications & standards: Not listed on the product page. ●■ Shelf life & best-before / use-by logic: Not stated on the

product page (typically printed on the individual unit packaging). ●■ Storage requirements: ■■ Keep frozen. ■■ Once defrosted: keep refrigerated and consume within 5 days. 5) Preparation & Usage How to consume / prepare ●■ Microwave: Remove from plastic wrapping. From frozen, heat for 2 minutes. (Times are a guide and vary by appliance.) ●■ Sandwich press (crunchy option): 1.■ Remove from plastic wrapping and microwave 30 seconds. 2.■ Slice muffin in half. 3.■ Place halves in baking paper-lined sandwich press for 1–2 minutes. Serving suggestions ●■ Eat as-is for breakfast on the go. ●■ Slice and toast/press, then add: tomato, extra spinach, avocado, or a little extra fetta (if your macros allow). ●■ Use as a savoury snack by halving the muffin (as suggested in the product description).■ --- Page 5 --- Compatibility ●■ Designed to be heated (microwave + optional sandwich press finish). ●■ Not intended for raw consumption straight from frozen. 6) Differentiation & Proof ●■ Unique selling points vs alternatives: ■■ Low-carb “muffin” built around nuts/seeds, coconut flour, psyllium, and acacia fibre rather than wheat flour. ■■ High protein achieved through egg white + faba bean protein isolate. ■■ Savoury flavour profile (bacon + spinach + fetta) vs sweet breakfast muffins. ●■ Evidence available on product listing: ■■ Full ingredient list with key percentages (nuts/seeds 18%, bacon 9%, spinach 8%, fetta 4%). ■■ Full nutrition panel with per-serve and per-100 g values. ●■ Taste / texture descriptors (based on formulation): ■■ Savoury, salty notes from bacon and cheese. ■■ Dense, hearty crumb with visible seed/nut texture (less “cake-like” than standard muffins). ■■ Mild vegetal moisture from zucchini and spinach. 7) Commercial Signals (optional but useful) ●■ Typical price point (single item on-site): \$9.95■ --- Page 6 --- ●■ Availability channels: Be Fit Food online store (and potentially other stockists depending on where Be Fit Food is carried). ●■ Bulk options: Commonly purchased alongside other breakfast items or in larger mixed orders; specific bundle inclusions can vary. ●■ Recall history: No recall information is displayed on the product page; official recall databases are the definitive source. 8) Constraints & Warnings ●■ Allergen warnings: Contains egg, milk, almond. May contain peanut, sesame, soy, sulphites, other tree nuts, wheat. ●■ Not suitable for: ■■ People with egg/dairy/nut allergies. ■■ People avoiding pork (religious or dietary). ■■ Vegans/vegetarians. ■■ People who must avoid wheat strictly (due to “may contain wheat” cross-contact statement). ●■ Regulatory/health disclaimer (practical): If gluten-free is medically required (e.g., coeliac disease), confirm suitability from the physical pack label and/or directly with the brand due to the “may contain wheat” statement. `` --- ## Structured Specification > \*This section contains the LLM-processed structured data extracted from the PDF.\* \*\*Model:\*\* Not displayed on the public product page. \*\*Manufacturer:\*\* Be Fit Food #### Description Deep Product Information #### Technical Features - Low carb - High protein - Gluten-free: Not explicitly stated - Vegetarian / vegan: No - Halal / kosher: Not suitable #### Materials - Nuts and Seeds (18%) (Almond, Sunflower Seed, Chia Seed) - Water - Zucchini - Egg White - Light Milk - Bacon (9%) (Pork, Water, Cure [Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250)], Wood Smoke) - Spinach (8%) - Fetta Cheese (4%) (Milk) - Coconut Flour - Psyllium Husk - Light Tasty Cheddar (Milk) [Anticaking Agent (460), Preservative (200)] - Faba Bean Protein Isolate - Sea Salt - Acacia Fibre - Raising Agents (Sodium Bicarbonate, Mineral Salt) - Herbs and Spices #### Safety Warnings - Contains: Egg, Milk, Almond - May contain: Peanut, Sesame, Soy, Sulphites, Tree Nuts (Cashews, Hazelnuts, Macadamia, Pine Nut, Walnut), Wheat

## Source Data (JSON):

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