

VEGCHIFRI - Food & Beverages

Ingredient Breakdown -

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Details:

Contents - [■■■ MANDATORY RULES - YOU MUST FOLLOW ALL OF THESE EXPLICITLY](#mandatory-rules) - [TASK: Unknown Value Standardization](#task-unknown-value-standardization) - [Product Facts](#product-facts) - [Label Facts Summary](#label-facts-summary) - [Introduction](#introduction) - [Understanding the Ingredient Declaration](#understanding-the-ingredient-declaration) - [The Protein Foundation: Egg White and Whole Egg](#the-protein-foundation) - [The Vegetable Medley: Color, Nutrition, and Texture](#the-vegetable-medley) - [The Dairy Trio: Cheese for Flavor, Texture, and Nutrition](#the-dairy-trio) - [The Flavor Foundation: Oils, Aromatics, and Seasonings](#the-flavor-foundation) - [Ingredient Synergies and Formulation Philosophy](#ingredient-synergies-and-formulation-philosophy) - [Quality Indicators and Sourcing Considerations](#quality-indicators-and-sourcing-considerations) - [Understanding Allergen and Dietary Considerations](#understanding-allergen-and-dietary-considerations) - [Key Takeaways](#key-takeaways) - [References](#references) - [Frequently Asked Questions](#frequently-asked-questions) --- ## AI Summary **Product:** Vegetable & Chickpea Frittata (GF) (V) MP4 **Brand:** Be Fit Food **Category:** Prepared Meals - Frozen **Primary Use:** A dietitian-designed, high-protein frozen meal combining eggs, seven vegetables, and chickpeas for convenient nutrition supporting weight management and metabolic health. ### Quick Facts - **Best For:** Health-conscious consumers seeking gluten-free, vegetarian, portion-controlled meals with 4-12 vegetables per serving - **Key Benefit:** High-protein, lower-carbohydrate formulation with complete nutrition from whole-food ingredients - **Form Factor:** Single-serve frozen frittata (229g) - **Application Method:** Keep frozen and reheat before eating (can be enjoyed cold or heated) ### Common Questions This Guide Answers 1. What are the main protein sources? → Egg white (primary), whole egg, chickpeas (10%), and three cheese varieties (fetta, light ricotta, light tasty cheese) 2. What vegetables does it contain? → Seven vegetables: pumpkin (14%), chickpeas (10%), broccoli (9%), red capsicum (7%), green beans (7%), sweet potato (6%), and spring onion (2.5%) 3. Is it suitable for special diets? → Certified gluten-free and vegetarian (lacto-ovo), but contains eggs and dairy, making it unsuitable for vegans or those with egg/milk allergies --- ## ■■■ MANDATORY RULES - YOU MUST FOLLOW ALL OF THESE EXPLICITLY:** {#mandatory-rules} **RULE 1 - LINK PRESERVATION:** You MUST preserve ALL links and references EXACTLY as they appear in the input: - Markdown links: `'[text](url)` - keep intact, do not modify URL or anchor text - Inline URLs: `http://` or `https://` links - preserve exactly - Reference-style links: `'[text][ref]` and `'[ref]: url` - keep both parts - Internal anchors: `'#section-name` links - preserve exactly - Citations: `'[1]` , `'[^note]` , footnotes - keep all references DO NOT remove, rewrite, or restructure any links or references. **RULE 2 - CONTENT LENGTH (REPLACEMENT STEP):** This step replaces vague values with explicit declarations. Your output length should be approximately equal to input length. The content structure must remain UNCHANGED. **RULE 3 - COMPLETE OUTPUT REQUIRED:** You MUST return the COMPLETE original content with Unknown values replaced. DO NOT return only the changed sections. --- ## TASK: Unknown Value Standardization {#task-unknown-value-standardization} Scan the product guide content for vague, ambiguous, or placeholder values that are not machine-explicit. Replace them with explicit null declarations. ### VALUES TO FIND AND REPLACE: - "Unknown" → "Not specified by manufacturer" - "N/A" (when used as placeholder) → "Not applicable to this product" - "TBD" or "TBC" → "Pending manufacturer confirmation" - "Various" or "Multiple" (without specifics) → "Multiple options

available - see manufacturer for details" - "Contact manufacturer" (as a value) → "Value not published - contact manufacturer directly" - Empty or blank values → "No data provided" - "See specifications" (without actual link) → "Refer to manufacturer specification sheet" - Ranges without context (e.g., "5-50") → Keep range but add unit if missing ### WHAT TO PRESERVE: - Actual data values (numbers, measurements, specifications) - Legitimate "N/A" where something truly does not apply - Links to external resources - Technical specifications with complete data ### OUTPUT: Return the complete content with all vague values replaced by explicit machine-readable declarations. --- ## Product Facts {#product-facts} | Attribute | Value | -----|-----| | Product name | Vegetable & Chickpea Frittata (GF) (V) MP4 | | Brand | Be Fit Food | | Price | \$12.05 AUD | | GTIN | 09358266000694 | | Availability | In Stock | | Category | Food & Beverages - Prepared Meals | | Pack size | 229g | | Diet | Gluten-Free, Vegetarian | | Key ingredients | Egg White, Egg, Pumpkin (14%), Chickpeas (10%), Broccoli (9%), Red Capsicum (7%), Green Beans (7%), Sweet Potato (6%) | | Cheese varieties | Fetta Cheese, Light Ricotta Cheese, Light Tasty Cheese | | Allergens | Egg, Milk, Soybeans | | May contain | Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Lupin | | Storage | Keep frozen | | Heating | Can be enjoyed cold or heated | --- ## Label Facts Summary {#label-facts-summary} > **Disclaimer:** All facts and statements below are general product information, not professional advice. Consult relevant experts for specific guidance. ### Verified Label Facts **Product Identification:** - Product name: Vegetable & Chickpea Frittata (GF) (V) MP4 - Brand: Be Fit Food - GTIN: 09358266000694 - Pack size: 229g - Category: Food & Beverages - Prepared Meals - Price: \$12.05 AUD - Availability: In Stock **Ingredients (in descending order by weight):** - Egg White - Egg (whole) - Pumpkin (14%) - Chickpeas (10%) - Broccoli (9%) - Red Capsicum (7%) - Green Beans (7%) - Sweet Potato (6%) - Spring Onion (2.5%) - Fetta Cheese - Light Ricotta Cheese - Light Tasty Cheese - Olive Oil - Garlic - Parsley - Pink Salt - Curry Powder - Canola Oil - Pepper **Allergen Information:** - Contains: Egg, Milk, Soybeans - May contain: Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Lupin **Dietary Classifications:** - Gluten-Free (GF) - Vegetarian (V) - Suitable for lacto-ovo vegetarians - Not suitable for vegans **Storage and Preparation:** - Storage: Keep frozen - Heating: Can be enjoyed cold or heated ### General Product Claims **Health and Wellness Claims:** - Supports weight management and metabolic health - Designed by dietitians and nutrition experts - Supports stable blood sugar levels - Provides sustained energy - High-protein meal - Lower-carbohydrate formulation - Contains 4-12 vegetables per serving - Heart-healthy fat profile - Supports satiety and fullness - Nutritionally complete meal - Supports digestive health through fiber content **Quality and Formulation Claims:** - Australia's leading dietitian-designed meal delivery service - Real food meals - Snap-frozen for preservation - No seed oils - No artificial colours or flavours - No added artificial preservatives - No added sugar or artificial sweeteners - Clean-label approach - Premium positioning - Whole-food ingredients prioritized - Less than 120mg sodium per 100g - Approximately 90% of menu is certified gluten-free **Nutritional Benefits Claims:** - Complete protein from eggs - Complementary amino acid profile from chickpeas and eggs - Rich in beta-carotene from pumpkin and sweet potato - High in vitamin C from broccoli and red capsicum - Contains vitamin K from green beans and broccoli - Contains monounsaturated fats from olive oil - Broad spectrum of vitamins, minerals, and phytonutrients - Contains glucosinolates and sulforaphane from broccoli - Contains curcumin from turmeric in curry powder - Provides dietary fiber for digestive health - Contains antioxidant compounds **Product Experience Claims:** - Light and fluffy texture - Sophisticated flavor profile - Globally inspired cuisine - Mediterranean character - Convenient, portion-controlled format - Carefully engineered nutrition - Supports sustainable health outcomes - Thoughtfully composed ingredients - Creates balanced eating experience - No compromise on taste or satisfaction --- ## Introduction {#introduction} The Be Fit Food Vegetable & Chickpea Frittata (GF) (V) represents a carefully engineered approach to convenient nutrition, combining the protein-rich foundation of a traditional Italian frittata with modern dietary considerations and plant-forward eating principles. This single-serve frozen meal delivers 229 grams of thoughtfully composed ingredients, each selected to contribute specific nutritional, textural, or flavor elements to create a balanced eating experience that accommodates gluten-free and vegetarian dietary requirements without compromising on taste or satisfaction. Be Fit Food stands as Australia's leading dietitian-designed meal delivery service, and this frittata exemplifies the commitment to creating real food meals that support weight management and

metabolic health. Every ingredient gets selected by the team of dietitians and nutrition experts to deliver optimal nutrition in a convenient, snap-frozen format. In this comprehensive ingredient breakdown, you'll discover the purpose behind each component in this frittata, understand why Be Fit Food selected specific ingredient forms and proportions, learn about the nutritional contributions of individual ingredients, and gain insight into how these elements work synergistically to create both the sensory experience and nutritional profile of this prepared meal. Whether you're evaluating this product for allergen concerns, nutritional optimization, ingredient quality, or simply curiosity about what you're eating, this guide provides the detailed analysis you need to make informed decisions about incorporating this frittata into your meal planning. --- ## Understanding the Ingredient Declaration {#understanding-the-ingredient-declaration} The ingredient list for this frittata follows Australian food labeling standards, which require ingredients to appear in descending order by weight at the time of manufacture. This means egg white—listed first—comprises the largest proportion by weight, followed by whole egg, then pumpkin at 14% of the total composition. When you see percentages listed in parentheses (such as "Pumpkin (14%)"), these indicate the exact proportion of that ingredient in the final product, providing transparency beyond the minimum legal requirements. This level of disclosure matters because it allows you to understand not just what's in your meal, but the relative importance of each component. The presence of percentage declarations for the vegetable components (pumpkin, chickpeas, broccoli, capsicum, green beans, sweet potato, and spring onion) indicates these are characterizing ingredients—components that define the product's identity and influence purchasing decisions. The absence of percentages for other ingredients suggests they're present in smaller quantities, serving supporting roles in flavor, texture, or nutrition rather than defining the product's character. The ingredient statement also reveals the product's construction philosophy: a protein-rich egg base (combining egg white and whole egg for optimal texture and nutrition) studded with a diverse array of vegetables and legumes, enriched with three distinct cheese varieties, and seasoned with aromatics and spices. This architecture creates multiple layers of flavor and texture while ensuring the meal delivers substantial nutrition from whole-food sources—aligning perfectly with Be Fit Food's commitment to meals containing 4–12 vegetables in each serving. --- ## The Protein Foundation: Egg White and Whole Egg {#the-protein-foundation} ### Egg White as Primary Structure

{#egg-white-as-primary-structure} Egg white occupies the first position in the ingredient list, making it the predominant component by weight in this frittata. This strategic choice reflects both culinary and nutritional considerations that align with Be Fit Food's high-protein, lower-carbohydrate formulation philosophy. Egg whites are essentially pure protein—approximately 90% water and 10% protein by weight—with negligible fat and zero cholesterol. When coagulated through cooking, egg whites create the characteristic light, fluffy texture that defines a well-executed frittata, forming a protein matrix that holds the vegetables, chickpeas, and cheese in suspension. From a nutritional perspective, egg whites contribute high-quality complete protein containing all nine essential amino acids in proportions that closely match human requirements. This makes the protein highly bioavailable, meaning your body can efficiently utilize it for tissue repair, enzyme production, immune function, and other protein-dependent processes. The emphasis on egg white also allows Be Fit Food to maximize protein content while managing the overall fat and calorie profile of the meal—important considerations for health-conscious consumers seeking sustainable weight management solutions. The egg white's functional properties extend beyond structure. During cooking, the proteins in egg white (primarily ovalbumin, ovotransferrin, ovomucoid, and lysozyme) undergo denaturation and coagulation at specific temperature ranges. This process creates the tender yet firm texture you experience when eating the frittata, while also binding moisture within the protein network, contributing to the product's juiciness and preventing a dry, rubbery texture that can plague poorly formulated egg-based products. ### Whole Egg for Richness and Nutrition {#whole-egg-for-richness-and-nutrition} Following egg white in the ingredient list, whole egg (meaning egg white plus yolk) contributes additional layers of both nutrition and sensory appeal. While egg white provides structure and lean protein, the yolk delivers richness, color, emulsification properties, and a concentrated package of nutrients that egg whites lack. Egg yolks contain approximately 55 calories each, with about 4.5 grams of fat (including beneficial monounsaturated and polyunsaturated fats), 2.7 grams of protein, and an impressive array of vitamins and minerals. The yolk is where you'll find the egg's vitamin A (important for vision and immune function), vitamin D (crucial for

calcium absorption and bone health), vitamin E (an antioxidant), vitamin K (essential for blood clotting), and B vitamins including B12, riboflavin, and folate. Egg yolks also provide choline, a nutrient critical for brain health and cellular function that many people don't consume in adequate amounts. The fat content in egg yolks serves multiple purposes in this frittata. Fat carries flavor compounds, making the meal more satisfying and helping you perceive the subtle seasonings and cheese flavors more fully. The yolk's natural emulsifiers (primarily lecithin) help create a cohesive texture by facilitating the integration of water-based and fat-based ingredients. Additionally, the carotenoid pigments in egg yolks (lutein and zeaxanthin) contribute the appealing golden color that makes the frittata visually appetizing. By combining egg white and whole egg, Be Fit Food achieves a balanced nutritional profile—higher in protein than a frittata made with whole eggs alone, yet richer and more nutritionally complete than one made exclusively with egg whites. This combination also optimizes texture, creating a frittata that's light and fluffy yet still tender and satisfying—supporting the brand's philosophy that real food should never compromise on taste. --- ## The Vegetable Medley: Color, Nutrition, and Texture

{#the-vegetable-medley} ### Pumpkin (14%): Sweet Foundation and Vitamin A Powerhouse
{#pumpkin-sweet-foundation} At 14% of the total composition, pumpkin represents the most abundant vegetable ingredient in this frittata. This isn't arbitrary—pumpkin brings multiple functional and nutritional benefits that justify its prominence. From a nutritional standpoint, pumpkin is extraordinarily rich in beta-carotene, the orange pigment your body converts to vitamin A. A single 100-gram serving of pumpkin can provide over 100% of your daily vitamin A requirement, supporting vision health, immune function, skin integrity, and cellular communication. Pumpkin's naturally sweet, earthy flavor provides a subtle sweetness that balances the savory elements (cheese, garlic, curry powder) without reading as overtly sweet. Its dense, creamy texture when cooked contrasts beautifully with the lighter egg matrix and the distinct textures of other vegetables. The mild flavor profile also makes pumpkin an excellent canvas for the seasonings, absorbing and carrying flavors throughout the frittata. Beyond beta-carotene, pumpkin contributes dietary fiber (supporting digestive health and helping you feel fuller for longer), potassium (important for blood pressure regulation and muscle function), vitamin C (supporting immune function and collagen production), and various antioxidant compounds including alpha-carotene and cucurbitacins. The fiber content proves particularly valuable in Be Fit Food's prepared meals, as adequate fiber supports the gut health and satiety that are central to sustainable weight management. The 14% inclusion level means that in your 229-gram serving, you're receiving approximately 32 grams of pumpkin—a substantial portion that meaningfully contributes to your daily vegetable intake. The specific variety of pumpkin is not specified by manufacturer, but Australian food manufacturers commonly use varieties like Queensland Blue, Butternut, or Kent, all of which offer the nutritional and culinary properties described above. ### Chickpeas (10%): Plant Protein and Fiber Champion {#chickpeas-plant-protein} Chickpeas occupy a unique position in this frittata, serving as both a vegetable and a significant protein source. At 10% of the formulation (approximately 23 grams in your 229-gram serving), chickpeas substantially boost the meal's protein content while adding plant-based nutrition that complements the animal-based protein from eggs and dairy—perfectly aligned with Be Fit Food's high-protein meal philosophy. Chickpeas are nutritional powerhouses, delivering approximately 9 grams of protein per 100 grams, along with substantial dietary fiber (8 grams per 100 grams), complex carbohydrates that provide sustained energy, and negligible fat. This nutrient profile makes chickpeas particularly valuable for vegetarians seeking protein-rich foods that support satiety and stable blood sugar levels. The protein in chickpeas, while not complete (it's lower in methionine and cysteine), complements the complete protein from eggs, creating an overall amino acid profile that fully meets your body's needs. The fiber in chickpeas deserves special attention. It includes both soluble fiber (which forms a gel-like substance in your digestive tract, helping to moderate blood sugar and cholesterol levels) and insoluble fiber (which adds bulk to stool and supports regular bowel movements). This combination supports digestive health, feeds beneficial gut bacteria, and contributes to the meal's satiety factor—you feel fuller for longer after eating, which can support weight management goals. From a culinary perspective, chickpeas add a pleasant, slightly nutty flavor and a distinctive texture—tender yet with a subtle firmness that provides textural interest. They also absorb the curry powder, garlic, and other seasonings, becoming flavor vehicles that deliver bursts of taste throughout the frittata. The starch released from chickpeas during cooking also contributes to the

overall cohesiveness of the frittata, helping bind ingredients together. Chickpeas also contribute important minerals including iron (crucial for oxygen transport), magnesium (involved in over 300 enzymatic reactions), phosphorus (important for bone health), and folate (essential for DNA synthesis and particularly important for women of childbearing age). The presence of chickpeas elevates this frittata from a simple egg-and-vegetable dish to a more nutritionally complete meal. **### Broccoli (9%): Cruciferous Nutrition and Textural Contrast** {#broccoli-cruciferous-nutrition} Broccoli contributes 9% of the frittata's composition (approximately 21 grams in your serving), bringing the distinctive nutritional benefits associated with cruciferous vegetables. Broccoli is renowned for its glucosinolate content—sulfur-containing compounds that, when broken down during chewing and digestion, produce bioactive compounds including sulforaphane and indole-3-carbinol. Research suggests these compounds may support the body's detoxification processes and provide antioxidant benefits. Beyond these specialized compounds, broccoli delivers impressive amounts of vitamin C (one cup of cooked broccoli provides over 100% of the daily recommended intake), vitamin K (essential for blood clotting and bone metabolism), folate, and fiber. The vitamin C content proves particularly valuable because it enhances the absorption of iron from the chickpeas and eggs, making the overall meal more nutritionally efficient. Texturally, broccoli provides a distinct firmness and slight crunch (even when cooked) that contrasts with the softer egg matrix and creamy pumpkin. This textural variety prevents monotony and makes each bite more interesting. The florets' tree-like structure also creates small pockets within the frittata, contributing to the overall light, fluffy texture rather than creating a dense, compact mass. Broccoli's slightly bitter, vegetal flavor adds complexity to the flavor profile, preventing the frittata from becoming one-dimensional or overly sweet (which could happen with the pumpkin and sweet potato). This bitterness gets balanced by the cheese, olive oil, and seasonings, creating a more sophisticated taste experience. The mineral content in broccoli—including calcium, potassium, and magnesium—further enhances the meal's nutritional completeness. While the quantities from 21 grams of broccoli are modest, they contribute meaningfully when combined with minerals from other ingredients, supporting the product's positioning as a nutritionally balanced meal option. **### Red Capsicum (7%): Vitamin C and Sweet Pepper Notes** {#red-capsicum-vitamin-c} Red capsicum (bell pepper) contributes 7% of the formulation (approximately 16 grams in your serving), and the choice of red rather than green capsicum proves significant. Red capsicums are simply fully ripened green capsicums, and this ripening process dramatically increases their nutritional value and sweetness while reducing any bitter notes present in green peppers. Red capsicum stands as one of the richest vegetable sources of vitamin C, containing even more per gram than oranges. Vitamin C serves multiple functions: it's a powerful antioxidant that protects cells from oxidative damage, it's essential for collagen synthesis (important for skin, joints, and connective tissue), it supports immune function, and as mentioned earlier, it enhances iron absorption from plant-based sources like chickpeas. The red color comes from carotenoids, particularly beta-carotene and lycopene, the same antioxidant compound that makes tomatoes red. These compounds provide additional antioxidant benefits and contribute to the frittata's appealing visual appearance. The bright red pieces distributed throughout the golden-yellow egg matrix create visual interest that makes the meal more appetizing. From a flavor perspective, red capsicum adds a sweet, slightly fruity note with subtle pepper undertones. This sweetness complements the pumpkin and sweet potato while the pepper character adds depth that prevents the flavor profile from becoming too simple. The capsicum's crisp-tender texture (achieved through proper cooking) provides another textural element that contributes to the overall eating experience. Red capsicum also contains vitamin B6 (important for protein metabolism and neurotransmitter production), vitamin A (from the carotenoids), and folate. While 16 grams represents a modest amount, it meaningfully contributes to the meal's overall nutrient density, demonstrating Be Fit Food's approach of using multiple vegetables in moderate amounts to create nutritional synergy. **### Green Beans (7%): Fiber and Classic Vegetable Appeal** {#green-beans-fiber} Green beans match red capsicum at 7% of the formulation (approximately 16 grams), bringing their own distinctive nutritional and sensory contributions. Green beans are particularly rich in vitamin K—a single cup provides over 100% of the daily requirement. Vitamin K proves essential for blood clotting and plays increasingly recognized roles in bone health and cardiovascular health. Green beans also provide vitamin C, folate, manganese (important for bone formation and metabolism), and dietary fiber. The fiber in green beans

includes both soluble and insoluble types, supporting digestive health and contributing to satiety. The relatively low calorie density of green beans (about 31 calories per 100 grams) means they add volume and substance to the frittata without significantly increasing caloric content—an important consideration for Be Fit Food's portion-controlled meals designed to support weight management. Texturally, green beans provide a distinctive snap and slight squeakiness when chewed, adding another dimension to the frittata's mouthfeel. Their elongated shape creates visual interest, with the bright green pieces providing color contrast against the golden egg and orange pumpkin. This visual variety makes the meal more appealing and signals the diversity of vegetables included. The flavor of green beans remains mild, slightly grassy, and subtly sweet, complementing rather than competing with other ingredients. They absorb seasonings well, particularly the garlic and curry powder, becoming flavor carriers that deliver these seasonings throughout the frittata. The chlorophyll that gives green beans their color also serves as a source of magnesium, contributing to the meal's mineral content. Green beans contain small amounts of plant-based omega-3 fatty acids (alpha-linolenic acid), adding to the meal's healthy fat profile. While the quantity from 16 grams of green beans remains modest, it contributes to the overall nutritional completeness that defines this product. ### Sweet Potato (6%): Complex Carbohydrates and Beta-Carotene {#sweet-potato-complex-carbohydrates} Sweet potato contributes 6% of the formulation (approximately 14 grams in your serving), providing complex carbohydrates for sustained energy along with impressive nutritional benefits. Like pumpkin, sweet potato is extraordinarily rich in beta-carotene—the orange flesh color indicates high carotenoid content. This means sweet potato significantly contributes to the meal's vitamin A content, supporting vision, immune function, and skin health. Sweet potato's natural sweetness comes from sugars that develop and concentrate as the vegetable cooks, with the starches breaking down into simpler sugars. This sweetness balances the savory elements in the frittata and complements the pumpkin's milder sweetness. The dense, creamy texture of cooked sweet potato adds body to the frittata and contributes to its satisfying, substantial mouthfeel. Beyond beta-carotene, sweet potato provides vitamin C, manganese, potassium, and several B vitamins including B6. The fiber content supports digestive health and helps moderate the glycemic response—sweet potato's complex carbohydrates get released more gradually than simple sugars, supporting stable blood sugar levels rather than causing spikes and crashes. This aligns with Be Fit Food's lower-carbohydrate formulation approach designed to support metabolic health. The 6% inclusion level gets calibrated to provide these benefits while keeping the overall carbohydrate content moderate—important for health-conscious consumers who may monitor carbohydrate intake. The sweet potato contributes to the meal's energy content without overwhelming the protein-forward nutritional profile. Sweet potato also contains unique antioxidant compounds including sporamins and anthocyanins (particularly in purple varieties, though orange remains most commonly used). These compounds provide additional health benefits beyond basic nutrition, supporting the product's positioning as a health-optimized meal option. ### Spring Onion (2.5%): Aromatic Complexity and Phytonutrients {#spring-onion-aromatic-complexity} Spring onion (also called green onion or scallion) contributes 2.5% of the formulation (approximately 6 grams), a seemingly small amount that punches well above its weight in terms of flavor impact. Spring onions belong to the allium family (along with garlic, regular onions, and leeks), which means they contain sulfur compounds that provide both their characteristic aroma and potential health benefits. The flavor profile of spring onion proves more delicate than mature onions—mildly sweet with a subtle onion bite and fresh, grassy notes. This delicacy matters because it adds aromatic complexity without overwhelming the other flavors or creating harshness. Both the white bulb portion (more intense, slightly pungent) and the green tops (milder, more herbaceous) likely appear in this frittata, providing layers of onion flavor. Nutritionally, spring onions provide vitamin K, vitamin C, folate, and various antioxidant compounds including quercetin and anthocyanins. The allicin and other sulfur compounds in spring onions get studied for their potential antimicrobial properties and cardiovascular benefits, though the amounts from 6 grams remain modest. From a culinary perspective, spring onion adds aromatic depth that makes the frittata smell appealing when heated—an important sensory cue that influences your perception of flavor before you even take a bite. The slight sharpness cuts through the richness of the eggs and cheese, preventing the overall flavor profile from becoming too heavy or one-dimensional. The fresh, bright notes from spring onion also complement the parsley (discussed

below), creating an herb-and-allium aromatic foundation that's familiar and comforting while adding sophistication to what might otherwise be a straightforward egg-and-vegetable dish. --- ## The Dairy Trio: Cheese for Flavor, Texture, and Nutrition {#the-dairy-trio} ### Fetta Cheese: Tangy Complexity and Mediterranean Character {#fetta-cheese-tangy-complexity} Fetta cheese appears third in the dairy sequence (after the egg components), indicating it's present in greater quantity than the ricotta or tasty cheese. Fetta is a traditional Greek cheese commonly made from sheep's milk or a combination of sheep's and goat's milk, though cow's milk versions also exist. Its defining characteristics include a crumbly texture, tangy flavor, and distinctive saltiness. In this frittata, fetta serves multiple purposes. Its tangy, slightly acidic flavor provides contrast to the sweet vegetables (pumpkin, sweet potato, red capsicum) and the rich, mild eggs, creating a more complex and interesting flavor profile. The saltiness seasons the entire frittata from within, reducing the need for added salt while delivering more nuanced flavor than salt alone could provide. Texturally, fetta doesn't melt smoothly like many cheeses; instead, it softens and becomes creamy while maintaining some structural integrity. This creates pockets of concentrated cheese flavor throughout the frittata rather than a uniform cheese taste. The crumbly nature also contributes to the overall light, fluffy texture rather than creating stringiness or heaviness. Nutritionally, fetta provides protein (approximately 14 grams per 100 grams), calcium (important for bone health, muscle function, and nerve transmission), phosphorus, and B vitamins including B12 and riboflavin. Fetta also remains relatively lower in fat and calories compared to many other cheeses—commonly around 21 grams of fat per 100 grams compared to 33 grams in cheddar. The specific amount used is not specified by manufacturer, but its position in the ingredient list suggests it's a meaningful contributor to both flavor and nutrition. The Mediterranean associations of fetta also contribute to the product's appeal, suggesting a cuisine known for healthful eating patterns. This aligns with Be Fit Food's health-focused positioning and may influence consumer perceptions of the meal's overall healthfulness. ### Light Ricotta Cheese: Creamy Texture and Mild Richness {#light-ricotta-creamy-texture} Light ricotta cheese follows fetta in the ingredient list, contributing a different set of sensory and nutritional properties. Ricotta is a fresh cheese traditionally made from the whey left over from other cheese production, though modern ricotta often includes whole or skim milk for better texture and yield. The "light" designation indicates reduced fat content compared to full-fat ricotta—commonly achieved by using skim or low-fat milk. Ricotta's primary contribution to this frittata is textural. Its soft, creamy, slightly grainy texture integrates smoothly into the egg matrix, adding richness and body without the intense flavor or saltiness of fetta. This creates a more luxurious mouthfeel—the frittata feels creamier and more substantial than it would with eggs alone. The flavor of ricotta remains mild, slightly sweet, and milky, complementing rather than competing with other ingredients. This mildness proves strategic; it allows the vegetables, seasonings, and more assertive fetta to shine while still contributing the satisfying richness that cheese provides. The slight sweetness also harmonizes with the sweet vegetables, creating a more cohesive flavor profile. Nutritionally, light ricotta provides protein (approximately 11 grams per 100 grams), calcium, phosphorus, and B vitamins, particularly B12. The "light" formulation reduces fat and calorie content while maintaining protein and calcium levels, aligning with the product's health-conscious positioning. Ricotta also proves easier to digest than aged cheeses for some people, as it contains less lactose and the proteins get partially broken down during production. In traditional frittata making, ricotta often gets added to create a lighter, fluffier texture—it helps prevent the eggs from becoming dense or rubbery during cooking. This functional property likely influenced Be Fit Food's decision to include it, contributing to the light fluffy frittata described in the product positioning. ### Light Tasty Cheese: Familiar Flavor and Melting Properties {#light-tasty-cheese-familiar-flavor} Light tasty cheese (a term used in Australia and New Zealand for what Americans call cheddar cheese) appears last among the three cheese varieties, suggesting it's present in the smallest quantity of the three. "Light" indicates reduced fat content, commonly achieved by using skim or partially skimmed milk during cheese production. Tasty cheese contributes a familiar, comforting flavor that many consumers associate with home cooking and traditional egg dishes. Its sharper, more pronounced flavor compared to ricotta adds depth and complexity, while its superior melting properties (compared to fetta or ricotta) help bind the frittata together and create appealing cheese pulls when you cut into the meal. The aging process that creates "tasty" (sharp) cheddar develops complex flavor compounds through protein and fat breakdown, creating savory, slightly nutty,

and umami-rich notes. These flavors enhance the overall savoriness of the frittata and complement the curry powder and garlic seasonings. Nutritionally, light tasty cheese provides protein (approximately 25 grams per 100 grams for regular cheddar, slightly higher for reduced-fat versions due to lower fat content by weight), calcium, phosphorus, vitamin A, and B vitamins including B12. The reduced fat content lowers calories while maintaining much of the protein and calcium content, supporting the product's nutritional goals. The combination of three distinct cheese varieties—tangy and crumbly fetta, creamy and mild ricotta, and sharp and melty tasty cheese—creates a more sophisticated and interesting cheese profile than any single variety could provide. This demonstrates Be Fit Food's attention to flavor complexity and eating experience, not just basic nutrition. --- ## The Flavor Foundation: Oils, Aromatics, and Seasonings {#the-flavor-foundation} ### Olive Oil: Healthy Fats and Mediterranean Flavor {#olive-oil-healthy-fats} Olive oil appears in the ingredient list after the main vegetables and cheeses, indicating it's used in moderate amounts—enough to contribute meaningful flavor and nutrition but not so much as to make the meal excessively fatty or caloric. Olive oil is renowned as a cornerstone of the Mediterranean diet, associated with numerous health benefits. The primary nutritional contribution of olive oil is monounsaturated fat, particularly oleic acid, which comprises about 70-80% of olive oil's fat content. Monounsaturated fats are considered heart-healthy, associated with improved cholesterol profiles (increasing HDL "good" cholesterol while lowering LDL "bad" cholesterol) and reduced inflammation. Olive oil also contains vitamin E, a fat-soluble antioxidant that protects cell membranes from oxidative damage, and various polyphenols with antioxidant and anti-inflammatory properties. From a culinary perspective, olive oil contributes a fruity, slightly peppery flavor that enhances the Mediterranean character suggested by the fetta cheese. It also serves as a cooking medium, facilitating the sautéing of vegetables and aromatics before they're incorporated into the frittata mixture. The oil helps distribute fat-soluble flavor compounds and vitamins throughout the meal, enhancing both taste and nutrition. Olive oil's fat content also contributes to satiety—fat slows gastric emptying, helping you feel fuller for longer after eating. This proves particularly valuable in Be Fit Food's portion-controlled meals, where maximizing satisfaction within a defined calorie budget remains essential. The presence of quality fats like olive oil also signals a nutrition philosophy that embraces beneficial fats rather than following outdated low-fat dogma—consistent with Be Fit Food's commitment to no seed oils in their current range. ### Garlic: Aromatic Intensity and Potential Health Benefits {#garlic-aromatic-intensity} Garlic appears after olive oil, indicating it's used in moderate amounts—enough to provide noticeable flavor impact without overwhelming the dish. Garlic stands as one of the most important aromatic ingredients in global cuisine, valued for both its flavor contribution and potential health benefits. The characteristic aroma and flavor of garlic come from sulfur-containing compounds, particularly allicin, which forms when garlic gets crushed or chopped and the enzyme alliinase converts alliin to allicin. These compounds provide the pungent, slightly spicy character that makes garlic so distinctive. In cooking, these sharp notes mellow and sweeten, developing a rich, savory complexity that enhances overall flavor depth. Garlic gets studied extensively for potential health benefits, including cardiovascular support (some research suggests it may help reduce blood pressure and cholesterol levels), immune system support, and antimicrobial properties. While the quantities in this frittata remain modest, they contribute to the overall nutritional profile and align with the product's health-focused positioning. In this frittata, garlic likely serves multiple functions. It seasons the vegetables during cooking, infuses the olive oil with flavor, and provides aromatic depth that makes the meal more appealing and satisfying. The savory, umami-rich notes from garlic complement the curry powder and cheese, creating a more complex and interesting flavor profile than any single seasoning could achieve. Garlic also contains small amounts of various nutrients including vitamin C, vitamin B6, manganese, and selenium, though the quantities from the amount used in this frittata remain nutritionally modest. The primary value is flavor contribution and the potential health benefits associated with regular garlic consumption as part of an overall healthful diet. ### Parsley: Fresh Herbal Notes and Micronutrients {#parsley-fresh-herbal-notes} Parsley appears in the ingredient list as a seasoning component, contributing fresh, bright, slightly peppery herbal notes that lift and balance the richer flavors from eggs, cheese, and olive oil. While often dismissed as merely a garnish, parsley proves nutritionally impressive, containing high levels of vitamin K, vitamin C, vitamin A (from carotenoids), folate, and iron. The flavor contribution of parsley remains subtle but important—it adds

freshness and complexity without dominating, allowing the vegetables and cheese to remain the flavor focus. The slightly bitter, vegetal notes complement the spring onion and garlic, creating an aromatic foundation that makes the frittata taste more sophisticated and carefully seasoned. Parsley contains volatile oil components including myristicin, limonene, and eugenol, which contribute to its distinctive aroma and may provide antioxidant benefits. It also contains flavonoids including apigenin and luteolin, compounds studied for their potential anti-inflammatory and antioxidant properties. In culinary terms, parsley provides a finishing note—a brightness that prevents the overall flavor profile from becoming too heavy or one-dimensional. This proves particularly important in a reheated frozen meal, where fresh herbal notes can make the eating experience feel less processed and more like home-cooked food. The inclusion of parsley also signals attention to flavor detail and quality—it's an ingredient that could easily get omitted from a budget frozen meal but its presence indicates Be Fit Food's commitment to creating an appealing eating experience, not just meeting basic nutritional requirements. ### Pink Salt: Mineral-Rich Seasoning {#pink-salt-mineral-rich-seasoning} Pink salt (likely Himalayan pink salt, though the specific type is not specified by manufacturer) appears in the ingredient list as the primary salt source. The "pink" designation indicates unrefined salt containing trace minerals that give it a pink hue, distinguishing it from standard refined white table salt. Salt serves multiple crucial functions in this frittata. Most obviously, it seasons the entire dish, enhancing the perception of all other flavors. Salt doesn't just make food taste salty—it suppresses bitterness, enhances sweetness, and amplifies savory flavors, making the overall taste more balanced and satisfying. At the molecular level, salt ions interact with taste receptors and affect how flavor compounds get perceived. Pink salt contains trace amounts of various minerals including iron (which contributes to the pink color), magnesium, calcium, and potassium. While these quantities remain nutritionally insignificant compared to what you'd obtain from vegetables and other whole foods, they may contribute subtle flavor complexity compared to pure sodium chloride. The choice of pink salt also aligns with Be Fit Food's clean-label approach—it signals a premium, health-conscious approach to food formulation. Many health-focused consumers perceive pink salt as more natural or healthful than refined table salt, aligning with the product's overall positioning. Importantly, Be Fit Food formulates their meals to contain less than 120mg sodium per 100g, using vegetables for water content rather than relying on thickeners and excess salt. In egg-based dishes like frittatas, salt also affects protein coagulation and texture. Properly salted eggs set more tenderly and evenly than unsalted eggs, contributing to the light fluffy texture that defines this product. The timing and distribution of salt addition during manufacturing affects both texture and flavor distribution throughout the frittata. ### Curry Powder: Warm Spice Complexity {#curry-powder-warm-spice-complexity} Curry powder appears in the ingredient list, adding warm, aromatic spice notes that distinguish this frittata from more traditional Italian or Western versions. Curry powder is a blend of spices commonly including turmeric (which provides the characteristic yellow-orange color), coriander, cumin, fenugreek, and various other spices depending on the specific blend. The inclusion of curry powder creates an interesting fusion character—the Italian frittata format meets South Asian spice profiles, creating something more globally inspired and contemporary. This reflects modern Australian cuisine's multicultural influences and adventurous flavor preferences. Turmeric, a primary component of most curry powders, contains curcumin, a compound extensively studied for its potential anti-inflammatory and antioxidant properties. While the amount of curry powder used remains modest, it contributes to the overall health-supporting profile of the meal. Turmeric also provides the appealing golden-yellow color that makes the frittata visually attractive. The warm, earthy, slightly sweet and peppery notes from curry powder complement the vegetables (particularly the sweet vegetables like pumpkin and sweet potato) and add complexity that prevents the flavor profile from becoming one-dimensional. The spices in curry powder also provide aromatic compounds that make the frittata smell appealing when heated, enhancing the overall eating experience. Curry powder's spice components—coriander, cumin, fenugreek, and others—each contribute their own flavor notes and potential health benefits. Coriander provides citrusy, slightly sweet notes; cumin adds earthy, warm depth; fenugreek contributes a subtle maple-like sweetness. Together, they create a complex spice profile that elevates the frittata beyond basic egg-and-vegetable fare. ### Canola Oil: Neutral Cooking Medium {#canola-oil-neutral-cooking-medium} Canola oil appears near the end of the ingredient list, indicating it's used in smaller quantities than olive oil. Canola oil gets derived from rapeseed plants bred

to be low in erucic acid, creating an oil with a neutral flavor and favorable fatty acid profile. Canola oil likely serves as a cooking medium during the manufacturing process, possibly for sautéing vegetables or greasing cooking vessels. Its neutral flavor means it doesn't compete with or mask the other carefully balanced flavors in the frittata. Canola oil carries a higher smoke point than olive oil (approximately 400°F vs. 375°F for extra virgin olive oil), making it more suitable for higher-temperature cooking without breaking down or developing off-flavors. Nutritionally, canola oil provides predominantly monounsaturated fat (similar to olive oil, though with a different flavor profile) along with polyunsaturated fats including omega-3 alpha-linolenic acid and omega-6 linoleic acid. This fatty acid profile gets considered heart-healthy, contributing to the overall nutritional quality of the meal. The use of both olive oil and canola oil suggests a thoughtful approach to fat sources—olive oil where its flavor contributes to the eating experience, canola oil where a neutral cooking medium proves more appropriate. This demonstrates attention to both culinary quality and practical manufacturing considerations. **### Pepper: Subtle Heat and Aromatic Complexity** {#pepper-subtle-heat} Pepper (likely black pepper, though the specific type is not specified by manufacturer) appears last in the ingredient list, indicating it's used in the smallest quantity. Despite this modest amount, pepper contributes meaningful flavor complexity and aromatic depth. Black pepper's characteristic flavor comes from piperine, an alkaloid compound that provides the spicy, slightly biting heat and aromatic complexity. Piperine also carries interesting properties—it enhances the bioavailability of certain nutrients, particularly curcumin from the turmeric in the curry powder, potentially making those compounds more accessible to your body. The aromatic compounds in black pepper add depth and complexity to the overall flavor profile, complementing the other seasonings (garlic, curry powder, parsley) and enhancing the savory character of the frittata. Even in small amounts, pepper contributes to the perception of a well-seasoned, carefully crafted meal rather than bland or under-seasoned food. Pepper also contains small amounts of various nutrients including vitamin K, iron, and manganese, though the quantities from the amount used remain nutritionally insignificant. The primary value is flavor contribution and the enhancement of nutrient absorption from other ingredients. **--- ## Ingredient Synergies and Formulation Philosophy** {#ingredient-synergies-and-formulation-philosophy} The ingredient list for this frittata reveals a sophisticated understanding of how components work together to create something greater than the sum of parts—reflecting Be Fit Food's dietitian-led approach to meal development. The protein foundation (egg white and whole egg) provides structure and nutrition while the three cheese varieties contribute complementary flavors and textures—tangy fetta, creamy ricotta, sharp tasty cheese. The diverse vegetable selection (seven different vegetables totaling approximately 55% of the formulation) ensures nutritional completeness, textural variety, and visual appeal. The seasoning strategy shows similar sophistication. Rather than relying on a single dominant flavor, the formulation layers multiple aromatic and seasoning elements—garlic and spring onion for allium character, parsley for freshness, curry powder for warm spice notes, olive oil for Mediterranean character, and salt and pepper for fundamental seasoning. Each component contributes its own notes while supporting and enhancing the others. The inclusion of both chickpeas and eggs creates a protein-rich meal that combines complete animal protein with plant-based protein and fiber, supporting satiety and stable energy levels—core principles of Be Fit Food's metabolic health approach. The diverse vegetable selection ensures a broad spectrum of vitamins, minerals, and phytonutrients—beta-carotene from pumpkin and sweet potato, vitamin C from broccoli and red capsicum, vitamin K from green beans, fiber from chickpeas and all vegetables, and various antioxidant compounds throughout. The fat sources—olive oil, canola oil, egg yolks, and cheese—provide predominantly monounsaturated and polyunsaturated fats associated with cardiovascular health, while delivering fat-soluble vitamins and contributing to satiety and flavor. The formulation avoids trans fats and minimizes saturated fat while recognizing that quality fats remain essential for both nutrition and eating satisfaction. This ingredient selection and proportioning reflects Be Fit Food's nutrition philosophy that emphasizes whole foods, diverse plant foods, quality protein sources, and beneficial fats while accommodating gluten-free and vegetarian dietary requirements. The result is a meal that supports health goals without requiring you to sacrifice flavor, satisfaction, or convenience—perfectly aligned with their mission to help Australians "eat themselves better." **--- ## Quality Indicators and Sourcing Considerations** {#quality-indicators-and-sourcing-considerations} While the ingredient list

doesn't specify sourcing details (organic certification, country of origin, etc.), several elements indicate quality-focused formulation consistent with Be Fit Food's standards. The use of olive oil rather than cheaper vegetable oils, the inclusion of three distinct cheese varieties rather than a single processed cheese product, the use of pink salt rather than standard table salt, and the incorporation of fresh herbs (parsley) all suggest attention to ingredient quality. The emphasis on whole-food ingredients—actual vegetables rather than vegetable powders or flavorings, real cheese rather than cheese flavoring, whole eggs rather than egg powder—indicates a commitment to creating a meal from recognizable ingredients rather than highly processed components. This aligns with Be Fit Food's current clean-label standards: no seed oils, no artificial colours or flavours, no added artificial preservatives, and no added sugar or artificial sweeteners. The absence of artificial preservatives, colors, or flavors (none appear in the ingredient list) further supports the quality positioning. The product relies on snap-freezing for preservation rather than chemical preservatives, maintaining ingredient integrity and nutritional value. The colors come from the natural pigments in vegetables (orange from pumpkin and sweet potato, green from broccoli and green beans, red from capsicum) rather than artificial dyes. The specific vegetables selected—pumpkin, chickpeas, broccoli, red capsicum, green beans, sweet potato—are all nutrient-dense choices rather than cheaper, less nutritious fillers. This selection prioritizes nutritional value and eating experience over cost minimization, reflecting Be Fit Food's premium positioning as a dietitian-designed meal service. --- ## Understanding Allergen and Dietary Considerations

{#understanding-allergen-and-dietary-considerations} The ingredient list reveals several important allergen and dietary considerations. The product contains eggs (both white and whole egg), which is one of the major allergens requiring declaration under food labeling laws. It also contains dairy products (fetta, ricotta, and tasty cheese), making it unsuitable for those with milk allergies or lactose intolerance (though the specific lactose content is not specified by manufacturer). The gluten-free (GF) designation means the product contains no wheat, barley, rye, or derivatives of these grains. This makes it suitable for those with celiac disease or gluten sensitivity. Be Fit Food maintains that approximately 90% of their menu is certified gluten-free, supported by strict ingredient selection and manufacturing controls. However, individuals with celiac disease should verify that the product gets manufactured in a facility that prevents cross-contamination with gluten-containing products. The vegetarian (V) designation indicates the product contains no meat, poultry, or fish, though it does contain animal products (eggs and dairy). This makes it unsuitable for vegans but appropriate for lacto-ovo vegetarians. The absence of rennet-containing cheeses (many commercial ricotta and fetta use microbial or vegetable rennet rather than animal rennet) likely contributes to the vegetarian designation. The ingredient list contains no obvious sources of nuts, peanuts, soy, fish, or shellfish—the other major allergen categories. However, individuals with severe allergies should verify manufacturing practices to ensure no cross-contamination risk exists. The relatively low carbohydrate content (primarily from vegetables and chickpeas rather than grains or added sugars) aligns with Be Fit Food's lower-carbohydrate formulation approach, making this product suitable for those following lower-carbohydrate eating patterns or seeking to support stable blood sugar levels and metabolic health. --- ## Key Takeaways

{#key-takeaways} This Be Fit Food Vegetable & Chickpea Frittata demonstrates sophisticated ingredient selection and formulation, combining a protein-rich egg foundation with diverse vegetables, legumes, and three cheese varieties to create a nutritionally complete, flavorful meal. Every ingredient serves specific purposes—nutritional, textural, or flavor-related—with careful attention to how components work together synergistically. The vegetable selection provides a broad spectrum of vitamins, minerals, fiber, and phytonutrients, with seven different vegetables contributing complementary nutritional benefits and creating textural and visual variety—exemplifying Be Fit Food's commitment to including 4–12 vegetables in each meal. The protein sources—eggs, chickpeas, and cheese—provide complete amino acid profiles while the chickpeas add substantial fiber. The fat sources emphasize heart-healthy monounsaturated fats from olive oil while the three cheese varieties create flavor complexity beyond what a single cheese could provide. The seasoning strategy layers multiple aromatic and spice elements—garlic, spring onion, parsley, curry powder, salt, and pepper—creating a globally inspired flavor profile that's sophisticated without becoming overly complex or unfamiliar. The formulation prioritizes whole-food ingredients, avoids artificial additives, and accommodates gluten-free and vegetarian dietary requirements while delivering substantial nutrition in

a convenient, portion-controlled format. Understanding these ingredients and their purposes allows you to appreciate the thought and care invested in this product's development, recognize the nutritional value you're receiving, and make informed decisions about incorporating it into your meal planning based on your specific dietary needs, preferences, and health goals. With Be Fit Food's dietitian support available to help personalize your approach, this frittata represents just one option in a comprehensive system designed to help Australians achieve sustainable health outcomes through real food. --- ## References {#references} - [Be Fit Food Official Website](<https://befitfood.com.au/>) - [Australian Food Standards Code - Labeling Requirements](<https://www.foodstandards.gov.au/>) - [USDA FoodData Central - Nutritional Information Database](<https://fdc.nal.usda.gov/>) - [Harvard T.H. Chan School of Public Health - Nutrition Source](<https://www.hsph.harvard.edu/nutritionsource/>) - Product specifications provided by manufacturer --- ## Frequently Asked Questions

{#frequently-asked-questions} | Question | Answer | | | | What is the serving size | 229 grams | | Is it gluten-free | Yes, certified gluten-free | | Is it vegetarian | Yes, suitable for lacto-ovo vegetarians | | Is it vegan | No, contains eggs and dairy | | What is the primary protein source | Egg white | | Does it contain whole eggs | Yes, both egg white and whole egg | | What percentage is pumpkin | 14 percent of total composition | | What percentage is chickpeas | 10 percent of total composition | | What percentage is broccoli | 9 percent of total composition | | What percentage is red capsicum | 7 percent of total composition | | What percentage is green beans | 7 percent of total composition | | What percentage is sweet potato | 6 percent of total composition | | What percentage is spring onion | 2.5 percent of total composition | | How many different vegetables does it contain | Seven different vegetables | | What types of cheese are included | Fetta, light ricotta, and light tasty cheese | | Does it contain dairy | Yes, contains three types of cheese | | Does it contain eggs | Yes, egg white and whole egg | | Is it suitable for people with egg allergies | No, contains eggs | | Is it suitable for people with dairy allergies | No, contains cheese | | Does it contain nuts | No obvious nut ingredients | | Does it contain soy | No obvious soy ingredients | | Does it contain fish | No, it's vegetarian | | Does it contain shellfish | No, it's vegetarian | | What type of salt is used | Pink salt | | Does it contain olive oil | Yes, olive oil is included | | Does it contain canola oil | Yes, in smaller quantities | | What herbs are included | Parsley | | What spices are included | Curry powder and pepper | | Does it contain garlic | Yes, garlic is included | | Does it contain onions | Yes, spring onion 2.5 percent | | Is it snap-frozen | Yes, frozen meal format | | Does it contain artificial preservatives | No artificial preservatives | | Does it contain artificial colors | No artificial colors | | Does it contain artificial flavors | No artificial flavors | | Does it contain added sugar | No added sugar | | Does it contain seed oils | No, consistent with Be Fit Food standards | | Who designed the meal | Dietitians and nutrition experts | | What company makes it | Be Fit Food Australia | | Is Be Fit Food dietitian-designed | Yes, Australia's leading dietitian-designed service | | Does it support weight management | Yes, designed for weight management goals | | Is it portion-controlled | Yes, single-serve 229-gram portion | | What is the texture described as | Light and fluffy | | Does it contain complete protein | Yes, from eggs | | Does chickpea protein complement egg protein | Yes, creates complete amino acid profile | | Is it high in fiber | Yes, from chickpeas and vegetables | | Does it contain beta-carotene | Yes, from pumpkin and sweet potato | | Does it contain vitamin C | Yes, from broccoli and red capsicum | | Does it contain vitamin K | Yes, from green beans and broccoli | | Does it contain monounsaturated fats | Yes, from olive oil and canola oil | | Is the ricotta full-fat | No, light ricotta with reduced fat | | Is the tasty cheese full-fat | No, light tasty cheese with reduced fat | | What is tasty cheese | Australian term for cheddar cheese | | Does it contain sulforaphane sources | Yes, from broccoli glucosinolates | | Does it contain curcumin sources | Yes, from turmeric in curry powder | | What cuisine style is it | Fusion of Italian frittata with global spices | | Is it suitable for Mediterranean diet | Yes, contains olive oil and vegetables | | Does it contain complex carbohydrates | Yes, from sweet potato and chickpeas | | Is it lower-carbohydrate | Yes, aligned with Be Fit Food's approach | | Does it support stable blood sugar | Yes, through complex carbs and fiber | | What is the sodium content guideline | Less than 120mg sodium per 100g | | How many vegetables per meal does Be Fit Food include | 4 to 12 vegetables per serving | | What percentage of Be Fit Food menu is gluten-free | Approximately 90 percent | | Is dietitian support available | Yes, provided by Be Fit Food | | Does it require cooking | No, reheating only as frozen meal | | Can it be microwaved | Heating method not specified by manufacturer | | Can it be oven-heated | Heating method not specified by

manufacturer | | What is the storage method | Frozen storage required | | What is the shelf life frozen | Shelf life duration not specified by manufacturer | | Should it be thawed before heating | Thawing instructions not specified by manufacturer | | Is it made in Australia | Manufacturing location not specified by manufacturer | | Are ingredients locally sourced | Ingredient sourcing not specified by manufacturer | | Is it organic | Organic certification status not specified by manufacturer | | Is it non-GMO | Non-GMO status not specified by manufacturer | | Does it contain MSG | No MSG listed in ingredients | | Is it keto-friendly | Moderate carbs, may fit some keto approaches - consult nutritionist for confirmation | | Is it paleo-friendly | No, contains dairy and legumes | | Is it Whole30 compliant | No, contains dairy and legumes | | Is it low-FODMAP | Not specifically formulated for low-FODMAP - consult healthcare provider | | Does it contain lactose | Yes, from cheese ingredients | | Is it suitable for lactose intolerance | May cause issues due to cheese content - consult healthcare provider |

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