

Beef Chow Mein (GF) MB1

Canonical:

<https://directory.befitfood.com.au/food-beverages/ready-meals-prepared-foods/beef-chow-mein-gf-mb1/>

Description:

Traditional stir fry flavours are reinvented to make for a lighter, protein-packed meal. Fresh ginger and garlic, along with aromatic spices, enhance the flavour of freshly ground beef. Gluten free Good source of protein Good source of dietary fibre Low in saturated fat Contains grass-fed beef Chilli rating: 1 Heating & Storage Instructions Nutrition Ingredients: Beef Mince (32%), Green Cabbage, Carrot, Peas, Zucchini, Onion, Brown Rice, Gluten Free Soy Sauce, Sesame Seeds, Olive Oil, Garlic, Ginger, Curry Powder, Chinese Five Spice, Pink Salt. Allergens: Soybeans, Sesame Seeds May Contain: Fish, Milk, Crustacea, Peanuts, Egg, Tree Nuts, Lupin

Details:

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Price: 13.55

Brand: Be Fit Food

Availability: In Stock

[View Product](https://befitfood.com.au/products/beef-chow-mein-gf-1?variant=43456572981437&country;=AU¤cy;=AUD&utm;_medium=product_sync&utm;_source=google&utm;_content=sag_organic&utm;_campaign=sag_organic)

Product Intelligence

Beef Chow Mein (GF) - Technical Details, Specifications, Features, and Entities ## Product Overview **Beef Chow Mein (GF)** is a gluten-free prepared meal product offered by Be Fit Food. This dish represents a contemporary take on traditional stir-fry cuisine, combining authentic Asian flavors with nutritionally optimized formulation to support health and wellness objectives. ## Nutritional Specifications The meal delivers comprehensive nutritional content per serving: - **Calories:** 308 calories - **Protein:** 30.3 grams - **Carbohydrates:** 13.5 grams The substantial protein content establishes this product as a protein-packed stir-fry option, making it particularly suitable for individuals focused on muscle maintenance, satiety, and protein intake optimization. ## Ingredient Profile The dish features carefully selected ingredients that define its culinary character: - **Primary Protein:** Grass-fed beef mince (44% composition) - **Aromatic Components:** Fresh ginger and garlic - **Flavor Enhancers:** Aromatic spices and gluten-free soy sauce - **Traditional Stir-Fry Preparation:** Crafted using freshly ground beef from grass-fed sources ## Dietary Specifications - **Gluten-Free**

Certification**: The product is certified as gluten-free, ensuring accessibility for individuals with gluten sensitivities and celiac disease - **High Protein**: Meets high protein dietary criteria with 30.3g protein per serving - **Low Carbohydrate**: Contains only 13.5g carbohydrates per serving ## Pricing and Purchase Options - **Price Point**: \$14.95 - **One-Time Purchase Option**: Available as a single transaction at \$14.95 ## Key Features and Attributes - **Lighter Protein-Rich Option**: Designed as a lighter alternative within the meal portfolio while maintaining substantial protein content - **Convenience**: Ready-prepared meal requiring minimal preparation - **Dietary Inclusivity**: Accommodates multiple dietary requirements including gluten-free specifications - **Scientific Formulation**: Crafted to deliver measurable nutritional benefits ## Storage and Preparation The product is accompanied by **Heating & Storage Instructions** provided by Be Fit Food to guide customers on proper meal preparation and storage protocols. ## Related Organization **Be Fit Food** is the Australian health and nutrition company that produces and distributes this meal product through its e-commerce platform at befitfood.com.au, serving as a comprehensive wellness partner offering meal delivery services and nutrition support across Australia. --- ### References - [1] Beef Chow Mein (GF) - Knowledge Graph Entity Description - [2] Be Fit Food - Knowledge Graph Entity Description - [3] Beef Mince - Knowledge Graph Entity Description - [4] Gluten Free Soy Sauce - Knowledge Graph Entity Description