

Beef Chow Mein (GF) MB2

Canonical:

<https://directory.befitfood.com.au/food-beverages/ready-meals-prepared-foods/beef-chow-mein-gf-mb2/>

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:

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

****Price:**** 13.20

****Brand:**** Be Fit Food

****Availability:**** In Stock

Product Intelligence

Beef Chow Mein (GF) - Technical Details, Specifications, and Features ## Product Overview ****Beef Chow Mein (GF)**** is a gluten-free prepared meal product offered by Be Fit Food that reinvents traditional stir-fry flavours into a lighter, protein-packed meal option. The dish combines freshly ground grass-fed beef with fresh ginger, garlic, and aromatic spices to create a flavorful and nutritious dining experience. ## Nutritional Specifications The Beef Chow Mein (GF) delivers comprehensive nutritional content per serving: - ****Calories:**** 308 kcal - ****Protein:**** 30.3 grams (high protein content supporting muscle maintenance and satiety) - ****Carbohydrates:**** 13.5 grams (low carb formulation) - ****Dietary Fibre:**** Good source - ****Saturated Fat:**** Low content These nutritional parameters position the meal as suitable for various dietary goals, particularly for individuals seeking high-protein, low-carbohydrate meal options. ## Key Features and Attributes ### Dietary Specifications - ****Gluten-Free Certification:**** Explicitly certified as gluten-free, making it accessible for individuals with celiac disease or gluten sensitivities - ****Protein-Packed:**** Described as a protein-packed meal option with substantial protein content (30.3g) - ****Low Carbohydrate:**** Contains only 13.5g carbohydrates, aligning with low-carb dietary preferences - ****Low Saturated Fat:**** Formulated to minimize saturated fat content ### Ingredient Composition The meal is composed of the following primary ingredients: - ****Beef Mince (44%):**** Sourced from grass-fed cattle, representing the largest ingredient proportion - ****Vegetables:****

Green Cabbage, Carrot, Green Beans, Zucchini, Onion - **Grains/Base:** Brown Rice - **Seasonings & Condiments:** Gluten-Free Soy Sauce, Garlic, Ginger, Curry Powder, Chinese Five Spice - **Fats & Oils:** Olive Oil, Sesame Seeds - **Seasoning:** Pink Salt ### Allergen Information **Direct Allergens:** - Soybeans (from soy sauce) - Sesame Seeds **May Contain:** - Fish - Milk - Crustacea - Peanuts - Egg - Tree Nuts - Lupin ## Product Specifications **Pricing:** \$14.95 - Available for one-time purchase - Subscription option available at the same price point **Spice Level:** Chilli rating of 1 (mild heat profile) **Storage & Preparation:** Heating and storage instructions are provided to customers for proper meal handling ## Quality Characteristics - **Flavour Profile:** Traditional stir-fry flavours reinvented for a contemporary, lighter meal - **Texture & Satisfaction:** Described by customers as filling and satisfying - **Ingredient Quality:** Contains grass-fed beef, supporting premium sourcing standards - **Artificial Additives:** Maintains clean label standards with no artificial colours or flavours ## Customer Reception The product has received consistent positive feedback with a **4.2-star rating based on 12 customer reviews**. Customers have praised the meal for being: - Tasty and flavourful - Very filling - Easy to cook - Full of flavour without excessive sodium Notable customer feedback includes descriptors such as "yummy," "very tasty," and recognition as one of Be Fit Food's best meal offerings on their menu. --- ### References - [1] bff-products-beef-chow-mein-gf-1.md - [4] bff-collections-individual-meals-1-keto.md