

Beef Chow Mein (GF) MP2

Canonical:

<https://directory.befitfood.com.au/food-beverages/ready-meals-prepared-foods/beef-chow-mein-gf-mp2/>

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: 11.40

Brand: Be Fit Food

Availability: In Stock

[View Product](https://befitfood.com.au/products/beef-chow-mein-gf-1?variant=43456572817597&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 & Entities ## Product Overview

Beef Chow Mein (GF) is a gluten-free prepared meal product offered by Be Fit Food. This dish represents a protein-packed stir-fry option within the company's comprehensive meal portfolio, combining traditional stir-fry flavors with modern nutritional science. ## Nutritional Specifications The Beef Chow Mein (GF) delivers the following per-serving nutritional profile: - **Calories:** 308 kcal - **Protein:** 30.3 grams - **Carbohydrates:** 13.5 grams These nutritional specifications position the meal as a high-protein, lower-carbohydrate option suitable for individuals focused on protein intake and muscle maintenance while managing carbohydrate consumption. ## Key Ingredients & Composition The meal features carefully selected ingredients that contribute to its nutritional and flavor profile: - **Beef Mince (44%):** The primary ingredient, sourced from grass-fed cattle, providing substantial lean protein content - **Fresh Ginger:** Adds aromatic flavor and potential digestive benefits - **Garlic:** Contributes flavor complexity and aromatic qualities - **Chinese Five Spice:** A traditional spice blend

providing authentic stir-fry flavor notes - **Gluten Free Soy Sauce**: Delivers traditional soy flavor while maintaining gluten-free compliance ## Dietary Features - **Gluten-Free Formulation**: Ensures accessibility for individuals with gluten sensitivities or celiac disease - **High Protein Content**: The 30.3g protein per serving supports muscle maintenance and satiety - **Lower Carbohydrate Profile**: With 13.5g carbohydrates per serving, it accommodates lower-carb dietary approaches ## Pricing & Purchase Options - **Price**: \$14.95 per serving - **Purchase Method**: Available as a One-Time Purchase Option ## Storage & Preparation Heating & Storage Instructions are provided with the product to guide customers on proper meal preparation and storage procedures. ## Product Classification The Beef Chow Mein (GF) is classified with the following dietary tags: - **Gluten Free (GF)** - Primary dietary designation - **High Protein** - Due to its 30.3g protein content per serving ## Organization & Availability Be Fit Food, an Australian health and nutrition company operating through befitfood.com.au, produces and distributes the Beef Chow Mein (GF) as part of its standard meal collection. The product is available for purchase through the company's e-commerce platform, where customers can add it to their shopping cart and proceed to checkout.