

Beef Chow Mein (GF) MP7

Canonical:

<https://directory.befitfood.com.au/food-beverages/ready-meals-prepared-foods/beef-chow-mein-gf-mp7/>

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: 13.05

Brand: Be Fit Food

Availability: In Stock

[View Product](https://befitfood.com.au/products/beef-chow-mein-gf-1?variant=43620422418621&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, and Features ## Product Overview **Beef Chow Mein (GF)** is a gluten-free prepared meal product offered by Be Fit Food that reimagines traditional stir-fry flavours in a lighter, protein-packed format. This dish combines freshly ground beef with fresh ginger, garlic, and aromatic spices to create a convenient, ready-to-eat meal solution. ## Nutritional Specifications The Beef Chow Mein (GF) contains the following nutritional profile per serving: - **Calories:** 308 calories - **Protein:** 30.3 grams - **Carbohydrates:** 13.5 grams - **Dietary Fibre:** Good source - **Saturated Fat:** Low in saturated fat ## Key Features and Characteristics ### Ingredient Quality - **Beef Sourcing:** Contains grass-fed beef - **Primary Ingredient:** Beef Mince (44%) - **Vegetables:** Green Cabbage, Carrot, Green Beans, Zucchini, Onion - **Grains:** Brown Rice - **Flavouring:** Gluten Free Soy Sauce, Sesame Seeds, Garlic, Ginger, Curry Powder, Chinese Five Spice, Pink Salt - **Oil:** Olive Oil ### Dietary Classification - **Gluten-Free:** Certified gluten-free formulation - **High Protein:** Protein-packed meal providing

30.3g per serving - **Low in Saturated Fat**: Heart-healthy fat profile **Allergen Information**
Contains: Soybeans, Sesame Seeds **May Contain**: Fish, Milk, Crustacea, Peanuts, Egg, Tree Nuts, Lupin **Pricing and Purchase Options** - **Regular Price**: \$14.95 - **Sale Price**: \$14.95 - **Purchase Methods**: - One-time purchase at \$14.95 - Subscription option at \$14.95 **Spice Profile** - **Chilli Rating**: 1 (mild heat level) - **Flavour Profile**: Traditional stir-fry with aromatic spices, fresh ginger, and garlic **Preparation** The product is a ready-to-eat frozen meal that can be heated in approximately five minutes, making it ideal for customers seeking convenient, healthy meal solutions without extensive cooking time. **Product Positioning** Beef Chow Mein (GF) is classified within Be Fit Food's **Individual Meals** collection and is specifically positioned for customers seeking: - Gluten-free meal options - High-protein prepared meals - Low-carbohydrate choices - Convenient meal solutions for busy lifestyles **References** - [1] bff-products-beef-chow-mein-gf-1.md - [3] bff-collections-individual-meals-1-keto.md - [7] bff-collections-individual-meals-1-gluten-free.md