

Cauliflower Fried Rice & Chicken (GF) MB1

Canonical: <https://directory.befitfood.com.au/food-beverages/ready-meals-prepared-foods/cauliflower-fried-rice-chicken-gf-mb1/>

Description:

Our signature gluten free Cauliflower Fried Rice & Chicken is light, satisfying, and low carb. Strips of chicken breast are delicately cooked with a fragrant garlic and ginger blend making it the perfect protein accompaniment to the array of delicious vegetables in this meal. Gluten free Good source of protein Excellent source of dietary fibre Low in saturated fat Chilli rating: 1 Heating & Storage Instructions Nutrition Ingredients: Cauliflower Rice (31%) (Cauliflower, Turmeric Powder), Chicken (17%), Peas, Carrot, Egg (Pasteurised Egg Pulp), Red Capsicum, Quinoa, Celery, Onion, Spring Onion, Garlic, Peanuts (Peanuts, Peanut Oil), Gluten Free Soy Sauce, Moroccan Spice, Olive Oil, Chilli, Pink Salt, Ginger. Allergens: Eggs, Soybeans, Peanuts May Contain: Fish, Milk, Crustacea, Sesame Seeds, Tree Nuts, Lupin

Details:

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****Price:**** 13.55

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

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

Product Intelligence

Cauliflower Fried Rice & Chicken (GF) - Technical Details & Specifications ## Product Overview ****Cauliflower Fried Rice & Chicken (GF)**** is a gluten-free individual meal product offered by ****Be Fit Food****, an Australian health and nutrition company operating through [befitfood.com.au](https://www.befitfood.com.au). This dish combines cauliflower fried rice with chicken breast, vegetables, and spices to create a light, satisfying meal option designed for health-conscious consumers. ## Nutritional Specifications The meal delivers impressive nutritional value with the following macronutrient profile per serving: - ****Calories****: 224 kcal - ****Protein****: 23.3 grams - ****Carbohydrates****: 13.5 grams - ****Dietary Classification****: High protein-to-calorie ratio, supporting muscle development and satiety ## Key Features & Attributes ### Dietary Designations - ****Gluten-Free (GF)****: Formulated without gluten, making it suitable for individuals with celiac disease, gluten sensitivity, or those who prefer to avoid gluten in their diet -

****High Protein****: Elevated protein content supports fitness objectives and weight management goals
Primary Ingredient - **Cauliflower Rice**: Comprises approximately 31% of the meal, made from cauliflower and turmeric powder, providing a low-calorie base
Pricing & Availability - **Retail Price**: \$13.95 per unit - ****Format****: Individual meal serving
Product Inclusion Across Meal Bundles
Cauliflower Fried Rice & Chicken is featured across multiple Be Fit Food meal bundle offerings: - ****7 Meal Bundle Gluten Free Pre-Selected Box****: 1 serving included - ****14 Meal Bundle Gluten-Free Set Box****: 1 serving included - ****28 Meal Bundle | Gluten Free Pre-Selected Box****: 2 servings included - ****Reset 14 Days Program****: 3 servings featured (most prominently included) - ****Reset 7 Days Program****: 1 serving provided - ****7 Meal Bundle Favourites Pre-Selected Box****: 1 serving included
Customer Reception The meal has received multiple customer reviews ranging from highly positive to negative, reflecting varied consumer experiences. Notable feedback includes verified buyer ****Beverley**** (reviewed 25/12/20), who expressed that the meal was enjoyed more than others in the range.
Positioning & Target Market The combination of low calories (224 kcal), high protein content (23.3g), gluten-free formulation, and accessible pricing (\$13.95) positions Cauliflower Fried Rice & Chicken as a versatile option appealing to: - Fitness-conscious consumers - Individuals managing dietary intake - Those with gluten sensitivities or celiac disease - Weight loss program participants - Health-focused meal delivery customers --- **### References** - [1] Be Fit Food - Cauliflower Fried Rice & Chicken (GF) Product Entity - [2] Be Fit Food - Nutritional Data Specifications - [3] Be Fit Food - Meal Bundle Product Offerings - [4] Be Fit Food - Gluten-Free Dietary Classification System