

Cauliflower Fried Rice & Chicken (GF) MB3

Canonical: <https://directory.befitfood.com.au/food-beverages/ready-meals-prepared-foods/cauliflower-fried-rice-chicken-gf-mb3/>

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:**** 12.50

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

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

[View Product](https://befitfood.com.au/products/cauliflower-fried-rice-chicken-gf-1?variant=43456568197309&country;=AU¤cy;=AUD&utm;_medium=product_sync&utm;_source=google&utm;_content=sag_organic&utm;_campaign=sag_organic)

Product Intelligence

Cauliflower Fried Rice & Chicken (GF) - Technical Details & Specifications ## Product Overview ****Cauliflower Fried Rice & Chicken (GF)**** is a gluten-free prepared meal offered by Be Fit Food, designed as a light, satisfying, and low-carbohydrate dining option. The meal combines chicken breast with cauliflower fried rice, creating a nutritionally balanced individual serving. ## Nutritional Specifications The meal delivers the following per-serving nutritional profile: - ****Calories****: 224 kcal - ****Protein****: 23.3g - ****Carbohydrates****: 13.5g - ****Dietary Fiber****: Present (excellent source) - ****Saturated Fat****: Low This macronutrient composition positions the meal as a ****high-protein,**

low-carbohydrate option** suitable for fitness-conscious consumers and those managing their carbohydrate intake. ## Key Features & Attributes ### Dietary Classifications - **Gluten-Free (GF)**: Certified gluten-free formulation, making it suitable for individuals with celiac disease or gluten sensitivity - **Low-Carb**: Features cauliflower rice instead of traditional rice, significantly reducing carbohydrate content - **Keto-Friendly**: The low-carbohydrate composition makes it compatible with ketogenic dietary approaches - **Good Source of Protein**: High protein content supporting muscle maintenance and satiety - **Low in Saturated Fat**: Supports heart-healthy dietary goals ### Flavor Profile - **Chilli Rating**: 1 (mild heat level) - **Flavor Notes**: Light and fragrant, enhanced with garlic and ginger blend - **Cuisine Style**: Asian-inspired preparation ## Ingredient Composition ### Primary Components The meal comprises the following key ingredient breakdown: - **Cauliflower Rice (31%)**: Made from cauliflower and turmeric powder, serving as the low-carb base - **Chicken (17%)**: Strips of chicken breast as the primary protein source - **Vegetables**: Peas, carrot, red capsicum, celery, onion, and spring onion - **Grains & Seeds**: Quinoa, peanuts, and sesame components ### Flavor Ingredients - Garlic and ginger blend - Gluten-free soy sauce - Moroccan spice blend - Olive oil - Chilli - Pink salt ## Allergen Information ### Declared Allergens - Eggs (pasteurized egg pulp) - Soybeans (from soy sauce) - Peanuts ### May Contain - Fish - Milk - Crustacea - Sesame seeds - Tree nuts - Lupin ## Pricing & Purchase Options - **Regular Price**: \$13.95 AUD per serving - **Purchase Methods**: - One-time purchase option - Subscription delivery option at same price - Bundle discounts available through meal bundles (from \$12.50 per meal with code PROTEIN10) ## Product Availability The meal is subject to stock availability on the Be Fit Food platform. In cases where stock is unavailable, substitution with another item within the same meal category may occur. ## Customer Reception The product has received positive customer reviews with an average rating of **3.7 out of 5 stars** based on 9 verified buyer reviews. Customers have praised the meal for being: - Healthy and tasty - Full of flavor - Keto-friendly and low-carb - A personal favorite among Be Fit Food offerings ## Storage & Preparation The meal requires heating before consumption and comes with specific storage and heating instructions available through Be Fit Food's help center documentation. ### References - [1] bff-products-cauliflower-fried-rice-chicken-gf-1.md - [5] bff-collections-individual-meals-1-keto.md