

Cauliflower Fried Rice & Chicken (GF) MP3

Canonical: <https://directory.befitfood.com.au/food-beverages/ready-meals-prepared-foods/cauliflower-fried-rice-chicken-gf-mp3/>

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

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****Price:**** 10.95

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

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

[View Product](https://befitfood.com.au/products/cauliflower-fried-rice-chicken-gf-1?variant=43456567738557&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) — Product Details ## Overview ****Cauliflower Fried Rice & Chicken (GF)**** is a gluten-free prepared meal offered by Be Fit Food. This signature dish combines cauliflower fried rice with chicken and vegetables, creating a light, satisfying meal designed for health-conscious consumers seeking nutritionally balanced options. ## Nutritional Information ### Per Serving Breakdown - ****Calories:**** 224 kcal - ****Protein:**** 23.3g - ****Carbohydrates:**** 13.5g The meal features a high protein-to-calorie ratio, making it particularly suitable for individuals focused on muscle maintenance, satiety, and weight management. ## Dietary Attributes The product carries the following

dietary designations: - **Gluten-Free (GF):** Formulated without gluten, suitable for individuals with celiac disease, gluten sensitivity, or those who prefer to avoid gluten - **Low-Carb:** At 13.5g carbohydrates per serving, this meal supports low-carbohydrate dietary approaches - **High-Protein:** With 23.3g of protein per serving, the meal aligns with protein-focused nutritional strategies - **Low-Calorie:** At 224 calories, it provides a calorie-controlled option for weight management ## Product Specifications ### Price - **Regular Price:** \$13.95 per serving ### Key Ingredients - Cauliflower (primary base ingredient replacing traditional rice) - Chicken - Vegetables ### Preparation & Format - Individual meal portion - Ready-to-eat/snap-fresh frozen format - Designed for convenient 5-minute preparation ## Positioning & Market Segment Cauliflower Fried Rice & Chicken (GF) is positioned within Be Fit Food's collection of healthy, convenient meal solutions. The product appeals to: - Fitness-conscious consumers - Individuals managing dietary intake - Those following gluten-free diets - People seeking low-carbohydrate meal options - Busy professionals requiring quick, nutritious meals ### References - [1] bff-home.md - [2] bff-email-knowledge-base-2026.md - [4] bff-collections-individual-meals-1.md - [5] bff-collections-gluten-free-meal-delivery.md