

Cauliflower Fried Rice & Chicken (GF) MP6

Canonical: <https://directory.befitfood.com.au/food-beverages/ready-meals-prepared-foods/cauliflower-fried-rice-chicken-gf-mp6/>

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:**** 10.15

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

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

[View Product](https://befitfood.com.au/products/cauliflower-fried-rice-chicken-gf-1?variant=43456567836861&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 and Specifications ## Product Overview

****Cauliflower Fried Rice & Chicken (GF)**** is a gluten-free prepared meal offered by Be Fit Food. This signature dish combines chicken breast with cauliflower fried rice, creating a light, satisfying, and low-carbohydrate meal option suitable for health-conscious consumers and those with specific dietary requirements. ## Nutritional Specifications #### Macronutrient Profile - ****Energy Content:**** 224 calories per serving - ****Protein:**** 23.3 grams - ****Carbohydrates:**** 13.5 grams - ****Dietary Fibre:**** Excellent source #### Nutritional Attributes - ****High Protein:**** The meal is tagged as a high-protein option, making

it suitable for muscle maintenance and recovery - **Low Carbohydrate:** With only 13.5g carbs, this meal is keto-friendly and supports low-carb dietary approaches - **Low in Saturated Fat:** Aligned with heart-healthy nutrition standards - **Good Source of Protein:** Positioned as an excellent protein-rich meal option ## Key Features and Attributes ### Dietary Classifications - **Gluten-Free (GF):** Formulated without gluten, making it safe for individuals with celiac disease and gluten sensitivities - **Low Carb:** Suitable for ketogenic and low-carbohydrate diet programs - **Clean Label Standards:** Contains no artificial ingredients ### Flavor Profile - **Chilli Rating:** 1 (mild) - **Spice Blend:** Features a fragrant garlic and ginger blend that complements the chicken and vegetables ## Core Ingredients ### Primary Components - **Cauliflower Rice (31%):** Made from cauliflower and turmeric powder, forming the base of the meal - **Chicken (17%):** Strips of chicken breast, delicately cooked - **Vegetables:** Peas, carrot, red capsicum, celery, onion, and spring onion ### Flavor Enhancers - **Garlic and Ginger Blend:** Provides aromatic seasoning - **Gluten-Free Soy Sauce:** Used for authentic Asian flavoring - **Moroccan Spice:** Adds depth to the flavor profile - **Olive Oil:** Healthy fat component - **Chilli and Pink Salt:** For seasoning and taste balance ### Additional Ingredients - Quinoa - Pasteurised egg pulp - Peanuts and peanut oil ## Allergen Information ### Contains - Eggs - Soybeans - Peanuts ### May Contain - Fish - Milk - Crustacea - Sesame Seeds - Tree Nuts - Lupin ## Pricing and Availability - **Regular Price:** \$13.95 AUD per serving - **Purchase Options:** Available for one-time purchase or subscription - **Current Status:** Restocking soon (availability subject to change) ## Customer Reviews The meal has received an average rating of **3.7 out of 5 stars** based on 9 verified customer reviews. Notable feedback includes: - **Positive Reviews:** Customers praise it as "delicious and keto friendly," "full of flavour," and a favorite meal choice - **Mixed Feedback:** Some customers note it as a good addition to extras but with varying flavor intensity - **Highlight Review:** One verified buyer stated it was their favorite meal, expressing surprise at enjoying it despite initial hesitation ## Product Positioning Within Be Fit Food's product ecosystem, Cauliflower Fried Rice & Chicken (GF) serves as: - An **individual meal option** perfect for quick, healthy meals ready in five minutes - A **keto-friendly selection** within the low-carb meal collection - A **gluten-free alternative** to traditional fried rice dishes - A **high-protein meal** suitable for fitness enthusiasts and those managing dietary intake --- ### References - [1] bff-products-cauliflower-fried-rice-chicken-gf-1.md - [2] bff-collections-individual-meals-1-high-protein.md - [3] bff-collections-individual-meals-1-keto.md - [4] bff-collections-individual-meals-1-gluten-free.md