

Cauliflower Fried Rice & Chicken (GF) RRP

Canonical:

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

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:**** 13.95

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

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

[View Product](https://befitfood.com.au/products/cauliflower-fried-rice-chicken-gf-1?variant=40887016030397&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 individual meal product offered by Be Fit Food. This dish combines cauliflower fried rice with chicken breast, vegetables, and spices to create a meal that is light, satisfying, and low in calories. The gluten-free formulation makes this meal suitable for individuals with celiac disease, gluten sensitivity, or those who choose to avoid gluten in their diet.

Nutritional Specifications The meal provides the following nutritional profile per serving: -

****Calories****: 224 kcal - ****Protein****: 23.3 grams - ****Carbohydrates****: 13.5 grams This nutritional

composition demonstrates a high protein-to-calorie ratio, positioning it as a protein-rich, low-calorie meal option that appeals to fitness-conscious consumers and those managing their dietary intake. ## Pricing and Availability - **Retail Price**: \$13.95 per serving - **Availability**: Available through Be Fit Food's e-commerce platform and meal bundle offerings ## Product Inclusions in Meal Bundles Cauliflower Fried Rice & Chicken (GF) is included across multiple meal bundle packages: - **7 Meal Bundle Favourites Pre-Selected Box**: 1 serving - **14 Meal Bundle Gluten-Free Set Box**: 1 serving - **28 Meal Bundle**: 2 servings - **Reset 14 Days Program**: 3 servings ## Key Features - **Gluten-Free Designation (GF)**: Certified free from gluten, making it suitable for those with dietary restrictions - **High Protein Content**: 23.3g of protein supports muscle recovery and satiety - **Low Calorie**: At 224 calories per serving, it supports weight management objectives - **Primary Ingredient**: Cauliflower rice comprises 31% of the meal, made from cauliflower and turmeric powder - **Convenience**: Ready-to-eat prepared meal requiring minimal preparation time ## Manufacturer and Distribution Be Fit Food produces and sells Cauliflower Fried Rice & Chicken (GF) as part of its comprehensive meal delivery service. The company maintains clean label standards with no artificial ingredients across all products and utilizes GMP-compliant manufacturing to ensure product quality and safety. ## Customer Reviews The meal has received multiple customer reviews ranging from highly positive to negative, reflecting varied consumer experiences with the product. ### References - [1] Be Fit Food - [2] Cauliflower Fried Rice & Chicken (GF) - [3] Cauliflower Fried Rice & Chicken - [4] Cauliflower Rice - [5] High Protein