

# Indian Chicken Curry (GF) MB2

Canonical:

<https://directory.benefitfood.com.au/food-beverages/ready-meals-prepared-foods/indian-chicken-curry-gf-mb2/>

## Description:

This ever-popular chicken curry is made with a homemade blend of herb and spices filled with chunky vegetables. Fat and salt content is low unlike with usual curries, however we have created a delicious, authentic sauce. This curry is very filling and nutritious with 5 vegetables and lean cuts of slow cooked chicken. We have kept the chilli level low, so feel free to add chilli sprinkles to boost the heat up to your preference without adding stacks of calories! Gluten free Good source of protein (26g per serve) Good source of dietary fibre Contains 7 different vegetables Contains RSPCA approved chicken Chilli rating: 1 Heating & Storage Instructions Nutrition Ingredients: Chicken (35%), Diced Tomato (Tomato, Citric Acid), Potato, Green Beans, Coconut Milk (Coconut Cream, Xanthan Gum), Onion, Peas, Chicken Stock, Gluten Free Soy Sauce, Ginger, Garlic, Tomato Paste, Corn Starch, Fresh Coriander, Curry Powder, Coriander Powder, Cumin, Turmeric, Mixed Herbs, Cardamom, Olive Oil. Allergens: Soybeans May Contain: Fish, Milk, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Egg, Lupin

## Details:

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**\*\*Price:\*\*** 13.20

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

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

[View Product]([https://benefitfood.com.au/products/indian-chicken-curry-1?variant=43456570851517&country;=AU&currency;=AUD&utm;\\_medium=product\\_sync&utm;\\_source=google&utm;\\_content=sag\\_organic&utm;\\_campaign=sag\\_organic](https://benefitfood.com.au/products/indian-chicken-curry-1?variant=43456570851517&country;=AU&currency;=AUD&utm;_medium=product_sync&utm;_source=google&utm;_content=sag_organic&utm;_campaign=sag_organic))

## Product Intelligence

# Indian Chicken Curry (GF) - Technical Details, Specifications, and Features ## Product Overview

**\*\*Indian Chicken Curry (GF)\*\*** is a gluten-free prepared meal product offered by Be Fit Food. This ever-popular chicken curry is crafted with a homemade blend of herbs and spices, delivering authentic Indian flavors while meeting gluten-free dietary requirements. ## Nutritional Specifications The product

provides the following nutritional profile per serving: - **Calories:** 288 kcal - **Protein:** 30.0 grams (high protein content) - **Carbohydrates:** 15.8 grams - **Dietary Fiber:** Good source These macronutrient values position Indian Chicken Curry (GF) as a protein-rich, balanced meal suitable for various dietary goals including weight management and fitness-focused nutrition. **Key Features and Characteristics** **Ingredient Composition** The dish combines the following primary ingredients: - **Chicken (39%):** RSPCA-approved chicken, lean cuts with slow-cooked preparation - **Vegetables:** Contains 7 different vegetables including diced tomato, potato, green beans, onion, and green peas - **Sauce Base:** Coconut milk foundation with gluten-free soy sauce - **Seasonings:** Homemade spice blend featuring garlic, ginger, curry powder, ground coriander, cumin, mixed herbs, turmeric, and cardamom - **Other Ingredients:** Tomato paste, corn starch, fresh coriander, olive oil **Dietary Attributes** - **Gluten-Free:** Certified gluten-free formulation suitable for individuals with celiac disease or gluten sensitivity - **Low Fat and Salt:** Formulated with reduced fat and salt content compared to traditional curries - **Halal Certified:** Meets halal dietary requirements - **Vegetable Content:** Contains nutritious vegetables alongside lean protein - **Spice Level:** Chilli rating of 1 (mild), allowing customers to customize heat levels **Allergen Information** - **Contains:** Soybeans - **May Contain:** Fish, milk, crustacea, sesame seeds, peanuts, tree nuts, egg, lupin **Pricing and Purchase Options** The product is priced at **\$14.95 per serving** and offers flexible purchasing: - One-time purchase option - Subscription-based delivery model with automatic fulfillment - Modification or cancellation of subscriptions available at any time **Product Inclusion in Meal Bundles** Indian Chicken Curry (GF) is featured across multiple Be Fit Food meal delivery programs: - **Reset 7 Days Gluten Free Pre-Selected Box:** 1 serving included as a lunch or dinner option - **Reset 14 Days Box:** Available as a lunch or dinner selection - **28 Meal Bundle:** 3 servings included within the bundle package - **Gluten-Free Meal Bundle:** Positioned as one of seven meals in this specialized collection **Customer Reception and Reviews** The product has received highly positive customer feedback with a **4.9-star rating based on 16 reviews**. Customer testimonials consistently highlight: - **Delicious flavors** with authentic taste profile - **Wholesome ingredients** meeting quality standards - **Good portion size** providing satiety - **Weight loss benefits** supporting fitness goals - **Filling and nutritious** characteristics - **Easy preparation** and convenience for on-the-go consumption Customers frequently mention pairing the curry with steamed cauliflower or adding additional vegetables to customize their meals. **References** - [1] bff-products-indian-chicken-curry-1.md - [2] bff-products-thai-green-chicken-curry-1.md