

Indian Chicken Curry (GF) MB3

Canonical:

<https://directory.befitfood.com.au/food-beverages/ready-meals-prepared-foods/indian-chicken-curry-gf-mb3/>

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:**** 12.50

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

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

Product Intelligence

Indian Chicken Curry (GF) - Technical Details, Specifications, and Features ## Product Overview Indian Chicken Curry (GF) is a gluten-free meal product offered by Be Fit Food. This ever-popular chicken curry is crafted with a homemade blend of herbs and spices, filled with chunky vegetables and designed to deliver authentic Indian flavors while maintaining nutritional balance. ## Nutritional Specifications The Indian Chicken Curry (GF) 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 of dietary fiber These nutritional metrics position the product as a balanced, protein-rich meal option suitable for various dietary goals, including weight management and

fitness-focused nutrition plans. ## Key Features and Attributes ### Dietary Specifications - **Gluten-Free**: Formulated to meet gluten-free dietary requirements - **High Protein**: Contains 30g of protein per serving, earning a High Protein designation - **Low Fat and Salt Content**: Developed with reduced fat and salt compared to traditional curries ### Ingredient Composition The curry contains **5 different vegetables** and features **lean cuts of slow-cooked chicken**. The vegetable component includes: - Diced Tomato - Potato - Green Beans - Green Peas - Onion Additional flavor components include Fresh Coriander, Curry Powder, Ground Coriander, Cumin, Mixed Herbs, Turmeric, and Cardamom, combined with Coconut Milk and Gluten Free Soy Sauce. ### Allergen Information **Contains**: Soybeans **May Contain**: Fish, Milk, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Egg, Lupin ### Preparation and Heat Level - **Chilli Rating**: Level 1 (low chilli content) - The low chilli level allows customers to customize heat by adding chili sprinkles without significantly increasing calorie content ## Product Certification and Quality Standards - **Halal Certified**: The product meets halal dietary requirements - **RSPCA Approved Chicken**: Contains ethically-sourced, RSPCA-approved chicken - **Authentic Preparation**: Made with homemade blend of herbs and spices to ensure delicious, authentic sauce ## Pricing and Purchase Options - **Regular Price**: \$14.95 per serving - **Purchase Options**: - One-time purchase at \$14.95 - Subscription option at \$14.95 with flexible modification or cancellation ## Product Inclusions in Meal Programs Indian Chicken Curry (GF) is featured across multiple Be Fit Food meal bundles and programs: - **Reset 7 Days Gluten Free Pre-Selected Box**: 1 serving included - **Reset 14 Days Box**: Available as a lunch/dinner option - **28 Meal Bundle**: 3 total servings included - **7-Meal Gluten-Free Bundle**: Featured as one of the seven meals ## Customer Recognition and Reviews The product has received strong customer feedback with a **4.9-star rating based on 16 reviews**. Customers have praised the meal for: - Delicious flavors - Wholesome ingredients - Good portion size - Benefits for weight loss - Authentic taste and freshness - High satisfaction and filling quality ## Product Characteristics The Indian Chicken Curry (GF) is characterized as: - **Filling and Nutritious**: Designed to provide satiety with balanced nutrition - **Versatile**: Can be paired with additional vegetables such as steamed cauliflower for enhanced nutrition - **Quality-Focused**: Emphasizes clean label standards with no artificial colors or flavors - **Convenient**: Ready-to-heat meal requiring minimal preparation time ### References - [1] bff-products-indian-chicken-curry-1.md