

Indian Chicken Curry (GF) MB4

Canonical:

<https://directory.befitfood.com.au/food-beverages/ready-meals-prepared-foods/indian-chicken-curry-gf-mb4/>

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:**** 11.10

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

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

[View Product](https://befitfood.com.au/products/indian-chicken-curry-1?variant=43651361472701&country;=AU¤cy;=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, Features & Entities ## Product Overview Indian Chicken Curry (GF) is a gluten-free meal product offered by ****Be Fit Food****, an Australian health and nutrition company operating through its e-commerce platform at befitfood.com.au. This dish represents a carefully formulated meal option designed to meet both nutritional and dietary

requirements for health-conscious consumers. ## Nutritional Specifications The Indian Chicken Curry (GF) provides the following nutritional profile per serving: - **Calories:** 288 kcal - **Protein:** 30.0 grams - **Carbohydrates:** 15.8 grams This macronutrient composition makes it a **protein-rich meal option** suitable for various dietary preferences, including those seeking high-protein nutrition for fitness and wellness goals. ## Product Features & Composition **Ingredients & Preparation:** - Homemade blend of herbs and spices for authentic flavor - Lean, slow-cooked chicken - Chunky vegetables for texture and nutritional value - Gluten-free formulation ensuring suitability for individuals with celiac disease or gluten sensitivity **Dietary Certifications:** - **Gluten-Free (GF):** Accommodates gluten-free dietary requirements - **Halal-Certified:** Meets halal dietary and religious requirements, broadening appeal to diverse customer bases ## Pricing & Value - **Price:** \$14.95 per serving ## Product Classification & Entities **Product Type:** Lunch/Dinner Meal Option **Related Entity:** Be Fit Food (Organization/Provider) **Bundle Availability:** Indian Chicken Curry (GF) is available across multiple meal bundle offerings including: - 14 Meal Bundle Gluten-Free Set Box - 28 Meal Bundle - Reset 14 Days Box ## Customer Satisfaction The product has demonstrated strong customer approval: - **Customer Rating:** 4.9 stars out of 5 - **Review Count:** Based on 16 customer reviews - **Customer Feedback:** Positive reviews highlight flavor, taste, and overall quality of the meal ## Allergen Information **Contains:** Soybeans **May Contain:** Fish, milk, crustaceans, sesame seeds, peanuts, tree nuts, egg, and lupin This allergen disclosure ensures customers with specific allergies can make informed purchasing decisions. --- ### References - [1] Indian Chicken Curry (GF) - Be Fit Food Product Entity - [2] Be Fit Food - Organization Profile - [3] Customer Rating Data - Indian Chicken Curry - [4] Allergen Information - Indian Chicken Curry - [5] Indian Chicken Curry - Product Bundle Availability