

# Indian Chicken Curry (GF) MP1

Canonical:

<https://directory.befitfood.com.au/food-beverages/ready-meals-prepared-foods/indian-chicken-curry-gf-mp1/>

## 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:\*\*** 12.75

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

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

[View Product]([https://befitfood.com.au/products/indian-chicken-curry-1?variant=43456569475261&country;=AU&currency;=AUD&utm;\\_medium=product\\_sync&utm;\\_source=google&utm;\\_content=sag\\_organic&utm;\\_campaign=sag\\_organic](https://befitfood.com.au/products/indian-chicken-curry-1?variant=43456569475261&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 offering from Be Fit Food, crafted with authentic Indian flavors while maintaining nutritional balance. This ever-popular chicken curry combines traditional spice blends with wholesome ingredients, delivering both taste and nutritional value. ##

Nutritional Specifications The Indian Chicken Curry (GF) provides the following nutritional profile per serving: - **Calories**: 288 kcal - **Protein**: 30.0 grams (High Protein designation) - **Carbohydrates**: 15.8 grams - **Dietary Fiber**: Good source These macronutrient values position the meal as a protein-rich option suitable for fitness-conscious consumers and those managing their dietary intake for weight loss and muscle maintenance. **Key Features and Characteristics** **Dietary Certifications** - **Gluten-Free**: Certified gluten-free formulation suitable for individuals with celiac disease or gluten sensitivity - **Halal**: Certified halal-compliant meal - **Low Fat Content**: Fat and salt content is deliberately kept low, unlike typical curries **Ingredient Composition** The meal features a carefully selected ingredient profile: - **Protein Source**: Contains 39% chicken - lean cuts of slow-cooked chicken sourced from RSPCA-approved suppliers - **Vegetable Content**: Contains 7 different vegetables including chunky vegetables - **Sauce Base**: Homemade blend of herbs and spices with authentic Indian flavoring - **Key Ingredients**: Chicken, diced tomato, potato, coconut milk, green beans, onion, green peas, chicken stock, gluten-free soy sauce, garlic, ginger, tomato paste, corn starch, fresh coriander, curry powder, ground coriander, cumin, mixed herbs, turmeric, cardamom, and olive oil **Flavor Profile** - **Chilli Rating**: 1 (low heat level) - customers can add chilli sprinkles to customize spice intensity without adding excessive calories - **Authenticity**: Delicious, authentic sauce despite reduced fat and salt content **Physical and Serving Characteristics** - **Portion Size**: Good portion size as noted by customers - **Filling Factor**: Very filling and nutritious composition - **Preparation**: Ready-to-heat prepared meal requiring minimal preparation time - **Convenience**: Designed for customers with busy schedules seeking quick, healthy meal solutions **Pricing** - **Regular Price**: \$14.95 per serving - **Purchase Options**: Available for one-time purchase or subscription-based delivery **Allergen Information** **Contains**: Soybeans **May Contain**: Fish, milk, crustacea, sesame seeds, peanuts, tree nuts, egg, lupin **Customer Perception and Reviews** The product has received strong customer feedback with a **4.9-star rating** based on 16 reviews. Customers have specifically praised: - Delicious flavors - Wholesome ingredients - Good portion size - Benefits for weight loss - Great taste and freshness - Versatility (suitable for pairing with steamed cauliflower or other vegetables) **Product Classification** - **Type**: Individual prepared meal (lunch/dinner option) - **Category**: Main course/curry - **Target Market**: Health-conscious consumers, fitness enthusiasts, those seeking weight loss support - **Inclusion in Programs**: Featured in Reset meal programs and gluten-free meal bundles across various Be Fit Food offerings **References** - [1] bff-products-indian-chicken-curry-1.md