

# Satay Chicken (GF) MB2

Canonical: <https://directory.befitfood.com.au/food-beverages/ready-meals-prepared-foods/satay-chicken-gf-mb2/>

## Description:

We've got a Satay Chicken that's packed full of flavor and low in calories! The chicken is marinated in antioxidant-rich spices and served with a tasty peanut satay sauce and Asian style slaw salad. Gluten free Good source of protein (25g per serve) Good source of dietary fibre Contains RSPCA approved chicken Chilli Rating: 2 Heating & Storage Instructions Nutrition Ingredients: Chicken (27%), Green Cabbage, Carrot, Red Cabbage, Spring Onion, Onion, Coconut Milk, Fresh Coriander, Peanut Butter, Olive Oil, Turmeric, Gluten Free Soy Sauce, Cumin, Coriander Ground, Vegetable Stock, Garlic, Pink Salt, Chilli, Corn Starch. Allergens: Peanuts, Soybeans May Contain: Fish, Milk, Crustacea, Sesame Seeds, Tree Nuts, Egg, Lupin

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

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

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

[View Product]([https://befitfood.com.au/products/satay-chicken-gf-1?variant=43456569114813&country;=AU&currency;=AUD&utm;\\_medium=product\\_sync&utm;\\_source=google&utm;\\_content=sag\\_organic&utm;\\_campaign=sag\\_organic](https://befitfood.com.au/products/satay-chicken-gf-1?variant=43456569114813&country;=AU&currency;=AUD&utm;_medium=product_sync&utm;_source=google&utm;_content=sag_organic&utm;_campaign=sag_organic))

## Product Intelligence

# Satay Chicken (GF) - Technical Details, Specifications, and Features ## Product Overview **\*\*Satay Chicken (GF)\*\*** is a gluten-free meal product offered by Be Fit Food, designed to deliver authentic Thai-inspired flavors while maintaining nutritional balance suitable for various dietary preferences and health goals. ## Nutritional Specifications The Satay Chicken (GF) provides the following nutritional profile per serving: - **\*\*Calories:\*\*** 271 kcal - **\*\*Protein:\*\*** 25.5 grams (high protein content) - **\*\*Carbohydrates:\*\*** 10.2 grams - **\*\*Dietary Classification:\*\*** High Protein, Low-Carbohydrate, Gluten-Free These specifications align with Be Fit Food's nutritional philosophy of delivering balanced meals that support weight loss and fitness objectives. ## Product Composition & Ingredients The meal features a carefully formulated combination of components: **\*\*Main Ingredients:\*\*** - Chicken (27%) - RSPCA approved - Peanut Butter (satay sauce component) - Green Cabbage - Red Cabbage - Carrot - Spring Onion - Onion - Coconut Milk - Fresh Coriander - Olive Oil - Gluten-Free Soy Sauce - Turmeric -

Cumin - Coriander Ground - Vegetable Stock - Garlic - Pink Salt - Chilli - Corn Starch ## Culinary Structure The dish is composed of three integrated components: 1. **Protein Base:** Chicken marinated in antioxidant-rich spices 2. **Sauce Component:** Peanut satay sauce made with peanut butter 3. **Accompaniment:** Asian-style slaw salad This combination creates a balanced meal that emphasizes traditional satay flavors with nutritional optimization. ## Dietary & Safety Certifications **Dietary Designations:** - Gluten-Free (GF) - Keto-Compatible - Contains RSPCA-approved chicken **Allergen Information:** **Contains:** - Peanuts - Soybeans (from soy sauce) **May Contain** (Cross-contamination risks):\* - Fish - Milk - Crustaceans - Sesame Seeds - Tree Nuts - Egg - Lupin ## Flavor & Sensory Profile - **Spice Level:** Chilli Rating 2 (moderate heat) - **Flavor Profile:** Packed with flavor, Asian-inspired - **Texture Characteristics:** Marinated chicken with fresh vegetable components - **Sensory Appeal:** Low-calorie option with robust satay flavoring ## Pricing & Availability - **Price:** \$13.95 (both regular and sale price) - **Purchase Options:** One-time purchase or subscription available - **Availability Status:** Subject to stock availability with substitution policy in effect ## Product Features & Benefits **Nutritional Highlights:** - Good source of protein (25g per serving) - Good source of dietary fiber - Low in calories for portion size - Balanced macronutrient composition suitable for keto and low-carb diets **Quality Attributes:** - No artificial colors and flavours - Clean label formulation - Scientifically formulated for measurable health results - GMP-compliant manufacturing standards ## Customer Review Metrics - **Total Reviews:** 7 reviews received - **Average Rating:** 3.1 out of 5 stars - **Review Themes:** Mixed feedback on flavor quality, texture consistency, and spice level intensity ## Storage & Preparation Heating and storage instructions are provided with the product to guide proper preparation and preservation of the meal. --- ### References - [1] bff-products-satay-chicken-gf-1.md - [3] bff-collections-individual-meals-1-keto.md - [5] bff-products-28-meal-bundle-vegetarian-set-box.md