

Satay Chicken (GF) MP5

Canonical: <https://directory.befitfood.com.au/food-beverages/ready-meals-prepared-foods/satay-chicken-gf-mp5/>

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

Details:

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****Price:**** 12.75

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

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

[View Product](https://befitfood.com.au/products/satay-chicken-gf-1?variant=43456569016509&country=AU¤cy=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 as a flavorful and nutritionally balanced lunch or dinner option. The dish combines traditional satay flavors with health-conscious formulation. ## Nutritional Specifications The Satay Chicken (GF) delivers the following nutritional profile per serving: - ****Calories****: 271 kcal - ****Protein****: 25.5 grams - ****Carbohydrates****: 10.2 grams - ****Dietary Fiber****: Good source (as indicated on product packaging) These specifications position the meal as a ****high-protein, low-carbohydrate**** option, making it suitable for various dietary goals including weight management and muscle maintenance. ## Product Features ### Formulation & Preparation The meal features ****RSPCA approved chicken**** marinated in ****antioxidant-rich spices****, served with: - ****Peanut satay sauce**** made with natural peanut butter - ****Asian-style slaw salad**** featuring fresh vegetables ### Dietary Certifications - ****Gluten-Free (GF)****:

Formulated to meet gluten-free dietary requirements - **Good Source of Protein**: 25g protein per serving - **Keto Meals**: Included in Be Fit Food's keto meal collection - **High Protein**: Designated within the high-protein product category ## Key Ingredients The product contains the following primary 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 ## Allergen Information ### Primary Allergens - **Peanuts** - **Soybeans** ### May Contain (Cross-Contamination Risk) - Fish - Milk - Crustaceans - Sesame Seeds - Tree Nuts - Egg - Lupin ## Pricing & Availability - **Regular Price**: \$13.95 - **Sale Price**: \$13.95 - **Purchase Options**: One-time purchase or subscription available ## Spice Level - **Chilli Rating**: 2 (moderate spice level) ## Product Bundle Inclusions Satay Chicken (GF) is featured in several Be Fit Food meal bundles: - 7 Meal Bundle | Favourites Pre-Selected Box - 14 Meal Bundle (with 2 portions) - 28 Meal Bundle (with 2 servings) - Reset 7 Days box - Reset 7 Days - Continental Pre-Selected Box - Reset 14 Days box - Reset 14 Days - Gluten Free Pre-Selected Box (with 2 servings) ## Storage & Heating Instructions Detailed heating and storage instructions are available on the Be Fit Food website for proper meal preparation and food safety. ### References - [1] bff-products-satay-chicken-gf-1.md - [3] bff-collections-individual-meals-1-keto.md - [5] bff-collections-individual-meals-1-high-protein.md