

# Yellow Vegetable Curry (GF) (VG) MP4

Canonical:

<https://directory.befitfood.com.au/food-beverages/ready-meals-prepared-foods/yellow-vegetable-curry-gf-vg-mp4/>

## Description:

No matter the time of the year, we can never say no to a yummy curry! Our Yellow Vegetable Curry is packed full of fragrant spices, silken tofu, broccoli, eggplant, zucchini and peas to create warming flavours to keep you satisfied. Excellent source of dietary fibre High in protein Low in sodium Contains 4-12 different vegetables Low in saturated fat Contains no artificial colours and flavours Heating & Storage Instructions Nutrition **INGREDIENTS:** Tofu, Broccoli (11%), Eggplant (11%), Diced Tomato (11%) (Tomato, Citric Acid), Coconut Milk (Coconut Cream, Xanthan Gum), Zucchini (7%), Edamame (7%), Brown Rice, Onion (6%), Peanuts (Peanuts, Peanut Oil), Green Peas (2%), Faba Bean Protein, Yellow Curry Paste (1.5%), Coriander, Ginger, Garlic, Olive Oil, Lemongrass, Vegetable Stock, Gluten Free Soy Sauce, Turmeric, Chilli, Kaffir Lime, Corn Starch. **Contains:** Soybeans, Peanuts **May Contain:** Fish, Milk, Crustacea, Sesame Seeds, Egg, Tree Nuts, Lupin

## Details:

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**\*\*Price:\*\*** 12.05

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

**\*\*Availability:\*\*** Out Of Stock

[View Product]([https://befitfood.com.au/products/yellow-vegetable-curry-gf-vg?variant=43456573178045&country;=AU&currency;=AUD&utm;\\_medium=product\\_sync&utm;\\_source=google&utm;\\_content=sag\\_organic&utm;\\_campaign=sag\\_organic](https://befitfood.com.au/products/yellow-vegetable-curry-gf-vg?variant=43456573178045&country;=AU&currency;=AUD&utm;_medium=product_sync&utm;_source=google&utm;_content=sag_organic&utm;_campaign=sag_organic))

## Product Intelligence

# Yellow Vegetable Curry (GF) (VG) - Technical Details, Specifications & Features ## Product Overview The **\*\*Yellow Vegetable Curry (GF) (VG)\*\*** is a plant-based prepared meal offered by Be Fit Food. This curry dish combines fragrant spices with silken tofu, broccoli, eggplant, zucchini, and peas to create a warming and satisfying meal suitable for those with specific dietary requirements. ## Dietary Classification & Certifications The Yellow Vegetable Curry is certified as both **\*\*gluten-free (GF)\*\*** and **\*\*vegan (VG)\*\***, making it accessible to consumers following plant-based diets or those with gluten

sensitivities. The product contains **no animal-derived ingredients** and is formulated entirely with plant-based components. **Nutritional Specifications** | Nutrient | Amount | |-----|-----| | **Calories** | 267 per serving | | **Protein** | 17.0g per serving | | **Carbohydrates** | 17.2g per serving | The product is marketed as **high in protein** for a plant-based option and serves as an excellent source of dietary fiber. **Key Nutritional Features** - **Excellent source of dietary fibre** - **High in protein** (relative to plant-based meals) - **Low in sodium** - **Low in saturated fat** - Contains **no artificial colours and flavours** **Ingredient Composition** The Yellow Vegetable Curry includes the following key ingredients: - **Tofu** (silken) - **Vegetables**: Broccoli (11%), Eggplant (11%), Zucchini (7%), Green Peas (2%) - **Diced Tomato** (11%) - composed of tomato and citric acid - **Coconut Milk** (containing coconut cream and xanthan gum) - **Edamame** (7%) - **Brown Rice** - **Onion** (6%) - **Peanuts** (containing peanut oil) - **Faba Bean Protein** - **Aromatic Spices & Seasonings**: Yellow Curry Paste (1.5%), Coriander, Ginger, Garlic, Lemongrass, Turmeric, Chilli, Kaffir Lime - **Cooking Oils**: Olive Oil - **Additional Ingredients**: Vegetable Stock, Gluten Free Soy Sauce, Corn Starch **Allergen Information** **Contains**: Soybeans, Peanuts **May Contain**: Fish, Milk, Crustacea, Sesame Seeds, Egg, Tree Nuts, Lupin **Pricing & Availability** - **Regular Price**: \$13.95 per serving - **Available Format**: One-time purchase or subscription option - **Availability Status**: Currently restocking **Product Versatility & Bundle Inclusion** The Yellow Vegetable Curry is included across multiple meal bundle offerings: - **28 Meal Bundle | Vegetarian Pre-Selected Box**: 6 servings included - **Reset Program Boxes**: Available as a lunch or dinner option with variable servings (2-3 servings per box depending on the program) - **Individual Meal Purchases**: Available in quantities of 6 units **Customer Reception** The product has received positive customer reviews, with verified buyers describing it as "delicious" and praising its **coconut curry flavour** and **firm texture of beans**. Customers have noted that despite not typically enjoying legumes, the Yellow Vegetable Curry offers a surprisingly pleasant eating experience. **References** - [1] bff-collections-individual-meals-1-low-carbs.md - [3] bff-products-yellow-vegetable-curry-gf-vg.md - [4] bff-products-28-meal-bundle-vegetarian-set-box.md