

Beef Chow Mein (GF) | Be Fit Food

Canonical: <https://befitfood.com.au/products/beef-chow-mein-gf-1>

Details:

Product

Product Facts

****Product Name**:** Beef Chow Mein (GF) ****Availability**:** In Stock ****Fulfillment Type**:** online
****Brand**:** Be Fit Food ****Condition**:** <https://Schema.Org/Newcondition> ****Category**:** Food & Beverages > Prepared Meals & Ready-to-Eat ****GTIN**:** 09358266000588 ****MPN**:** 09358266000588

Traditional stir fry flavours are reinvented to make for a lighter, protein-packed meal. Fresh ginger and garlic, along with aromatic spices, enhance the flavour of freshly ground beef. Gluten free Good source of protein Good source of dietary fibre Low in saturated fat Contains grass-fed beef Chilli rating: 1 Heating & Storage Instructions Nutrition Ingredients: Beef Mince (44%), Green Cabbage, Carrot, Green Beans, Zucchini, Onion, Brown Rice, Gluten Free Soy Sauce, Olive Oil, Sesame Seeds, Garlic, Ginger, Curry Powder, Chinese Five Spice, Pink Salt. Allergens: Soybeans, Sesame Seeds May Contain: Fish, Milk, Crustacea, Peanuts, Egg, Tree Nuts, Lupin

Variant Price Availability	--- --- ---	110027.GF 14.95 AUD	110027.GF-MP1 13.85 AUD
110027.GF-MP2 13.50 AUD	110027.GF-MP3 12.95 AUD	110027.GF-MP4 13.55 AUD	110027.GF-MP5 14.40 AUD
110027.GF-MP6 10.15 AUD	110027.GF-MB1 14.90 AUD	110027.GF-MB2 14.50 AUD	110027.GF-MB3 13.95 AUD
110027.GF-MP7 14.05 AUD	110027.GF-MB4 13.50 AUD		

Beef Chow Mein (GF)

Traditional stir fry flavours are reinvented to make for a lighter, protein-packed meal. Fresh ginger and garlic, along with aromatic spices, enhance the flavour of freshly ground beef.

Price: A\$14.95 . Confirm current availability and the final total at checkout.

View product and ordering options

Product details

Gluten free

Good source of protein

Good source of dietary fibre

Low in saturated fat

Contains grass-fed beef

Chilli rating: 1

Heating & Storage Instructions

Ingredients: Beef Mince (44%), Green Cabbage, Carrot, Green Beans, Zucchini, Onion, Brown Rice, Gluten Free Soy Sauce, Olive Oil, Sesame Seeds, Garlic, Ginger, Curry Powder, Chinese Five Spice, Pink Salt.

Allergens: Soybeans, Sesame Seeds May Contain: Fish, Milk, Crustacea, Peanuts, Egg, Tree Nuts, Lupin

Nutrition information

Serving size: 297g. Values below are transcribed from the product page's nutrition panel.

Nutrient	Average per serving	Average per 100g	---	---	---	Energy	1290 kJ (308 Cal)	434 kJ (104 Cal)
Protein	30.3g	10.2g	Fat	13.4g	4.5g	Saturated fat	3.9g	1.3g
Carbohydrate	13.5g	4.6g	Sugars	3.9g	1.3g	Fibre	4.8g	1.6g
Sodium	491mg	165mg						

View the original nutrition panel . For multi-serve packs, the per-serving values are for the stated serving, not the entire pack. Check the label on the product you receive.

Delivery and storage

Free standard shipping on eligible orders of A\$200 or more. Standard shipping is A\$19.95 below A\$200. Check your postcode and delivery schedule ; choose an available delivery date at checkout.

Follow the storage and preparation instructions on the product packaging. For guidance, visit heating and storage FAQs . Different products have different preparation requirements.

Questions about this product

Where are the ingredients and allergens?

The product details above reproduce the current online ingredients and allergen information. Always check your delivered pack, including any “may contain” declaration.

Does this order qualify for free shipping?

Eligible orders totalling A\$200 or more qualify for free standard shipping. Below A\$200, standard shipping is A\$19.95. Check delivery coverage and options at checkout.

For help with this product, call 1300 263 257 or email support@befitfood.com.au .

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Wholemeal Beef Lasagne

Italian Beef Meatballs (GF)