

Butter Chicken (GF) | Be Fit Food

Canonical: <https://befitfood.com.au/products/butter-chicken-gf>

Details:

Product

Product Facts

****Product Name**:** Butter Chicken (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**:** 09358266002186 ****MPN**:** 09358266002186

With all the familiar flavours of a classic butter chicken, this Indian favourite features tender chicken in a rich, creamy sauce with hidden vegetables blended throughout. Packed with protein and full of flavour, it's a delicious way to enjoy more vegetables. Good source of dietary fibre High in protein (30g+) Less than 500mg sodium per serve. Contains 4-12 different vegetables Low in saturated fat Contains no artificial colours and flavours Chilli rating: 0 Heating & Storage Instructions * Meals with 30g Protein Badge are \$1 more than other main meals. Nutrition **INGREDIENTS:** Chicken (32%), Cauliflower, Coconut Milk (Coconut Cream (51%), Water), Brown Onion, Diced Tomato (Tomato, Citric Acid), Chickpeas, Tomato Paste, Olive Oil, Garlic, Ginger, Stevia, Pink Salt, Fresh Coriander, Spices. May Contain: SOY, FISH, MILK, CRUSTACEA, SESAME, PEANUTS, TREE NUTS, EGG, LUPIN.

Variant	Price	Availability	---	---	---	110040.GF	14.95 AUD	110040.GF-MP1	13.85 AUD
110040.GF-MP2	13.50 AUD	110040.GF-MP3	12.95 AUD	110040.GF-MP4	13.55 AUD	110040.GF-MP5	14.40 AUD	110040.GF-MP6	10.15 AUD
110040.GF-MP7	14.05 AUD	110040.GF-MB1	14.90 AUD	110040.GF-MB2	14.50 AUD	110040.GF-MB3	13.95 AUD	110040.GF-MB4	13.50 AUD

Butter Chicken (GF)

Enjoy the familiar flavours of butter chicken with tender chicken, a rich coconut-milk sauce and vegetables blended throughout. This prepared meal combines chicken with cauliflower, tomato, onion and chickpeas, seasoned with garlic, ginger, coriander and spices. Its published chilli rating is 0.

Displayed price: A\$14.95 , checked 19 October 2026. Confirm the current price and selected product at checkout.

Choosing this meal

Butter Chicken is an option when you want a creamy chicken curry rather than a rice-style dish or a meal with chunky vegetables. Chicken makes up 32% of the listed recipe. Coconut milk provides part of the sauce, while cauliflower, chickpeas and tomato are included in the meal itself.

The nutrition panel lists 30.7 g of protein and 11.5 g of carbohydrate for the stated 322 g serving. Use that serving size when comparing it with another meal, rather than comparing one product's per-serving figures with another product's per-100 g figures.

If you are deciding between our chicken curries, this meal has a published chilli rating of 0; Indian Chicken Curry is rated 1. The ingredient lists show the differences in each recipe.

Ingredients and allergens

INGREDIENTS: Chicken (32%), Cauliflower, Coconut Milk (Coconut Cream (51%), Water), Brown Onion, Diced Tomato (Tomato, Citric Acid), Chickpeas, Tomato Paste, Olive Oil, Garlic, Ginger, Stevia, Pink Salt, Fresh Coriander, Spices.

May Contain: SOY, FISH, MILK, CRUSTACEA, SESAME, PEANUTS, TREE NUTS, EGG, LUPIN.

Nutrition information

Serving size: 322g. Values below are transcribed from the product page's nutrition panel.

Nutrient	Average per serving	Average per 100g	---	---	---	Energy	1380 kJ (330 Cal)	429 kJ (102 Cal)
Protein	30.7g	9.5g	Fat	16.8g	5.2g	Saturated fat	8.7g	2.7g
Carbohydrate	11.5g	3.6g	Sugars	7.6g	2.4g	Fibre	5.5g	1.7g
Sodium	373mg	116mg						

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.

Preparation and storage

Follow the storage and preparation directions on the pack you receive. Use the product-specific instructions rather than assuming every meal or snack has the same heating time. The heating and storage help centre provides further guidance.

Butter Chicken questions

What makes the sauce creamy?

The recipe contains coconut milk, made from coconut cream and water, and blended vegetables. Milk appears in the “may contain” declaration, so do not treat the coconut-based sauce as a dairy-free assurance.

Does it include a separate rice portion?

The published ingredients describe chicken, sauce and vegetables and do not list rice. For a cauliflower fried-rice dish with chicken, compare that separate meal rather than assuming rice comes with this curry.

Does a chilli rating of 0 mean no spices?

No. The ingredients include spices, garlic, ginger and fresh coriander. The chilli rating does not mean the recipe is unseasoned.

Order and delivery

Check delivery coverage for your postcode and the available delivery schedule . Confirm availability, selected quantities, delivery charges and the final total at checkout.

View this product and choose your quantity . To plan several meals, compare meal bundles or browse the individual meal menu .

For an ingredient or ordering question, contact Be Fit Food . Check your delivered label, including any “may contain” declaration, before choosing for a food allergy.