

# SATCHI(GF - Food & Beverages

## Ingredient Breakdown -

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#### Details:

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rating | 2 | | Storage | Frozen | --- ## Label Facts Summary {#label-facts-summary} > \*\*Disclaimer:\*\* All facts and statements below are general product information, not professional advice. Consult relevant experts for specific guidance. ### Verified Label Facts - Product name: Satay Chicken (GF) MP2 - Brand: Be Fit Food - Price: AUD \$11.40 - GTIN: 09358266000052 - Serving size: 292g - Diet type: Gluten-free - Protein content: 25g per serve - Ingredients: Chicken (27%), Green Cabbage, Carrot, Red Cabbage, Coconut Milk, Peanut Butter, Spring Onion, Onion, Olive Oil, Turmeric, Cumin, Coriander Ground, Chilli, Garlic, Pink Salt, Coriander (fresh), Gluten Free Soy Sauce, Vegetable Stock, Corn Starch - Allergens: Contains Peanuts, Soybeans - May contain: Fish, Milk, Crustacea, Sesame Seeds, Tree Nuts, Egg, Lupin - RSPCA approved chicken - Chilli rating: 2 - Storage: Frozen (store at -18°C or below) - Product category: Prepared Meals - Dietary features: Good source of protein, Good source of dietary fibre ### General Product Claims - "Nutritionally balanced, single-serve frozen meal" - "Authentic Southeast Asian flavors" - "Designed by Be Fit Food's team of dietitians" - "Heat-and-eat meal" - "No artificial colours, no artificial flavours, no added artificial preservatives, and no added sugar or artificial sweeteners" - "Helps Australians eat themselves better" - "4-12 vegetables in each meal" - "Approximately 90% of Be Fit Food's menu certified gluten-free" - "Supports metabolic health" - "Suitable for weight management" - "Helps moderate blood sugar response" - "Supports muscle maintenance" - "High-protein, lower-carbohydrate nutritional framework" - "Portion-controlled approach" - "Minimally processed foods" - "Clean-label standards" - "Real food, not shakes" - "Snap-frozen delivery system" - "Supports gut health and the gut-brain axis" - "Suitable for GLP-1 medication users" - "Suitable for perimenopause or menopause" - "Protects lean muscle mass" - "Low sodium benchmark of less than 120mg per 100g" - "Excludes seed oils from formulations" - "Dietitian-designed, high-protein, lower-carbohydrate nutritional framework" - "Free 15-minute dietitian consultations" - "Helps protect lean muscle mass during medication-assisted weight loss" - "Supports improved gut microbiome diversity" - "Real food philosophy" - "Heat, eat, enjoy" - "Real food, real results" --- ## Introduction {#introduction} Be Fit Food's Satay Chicken (GF) delivers a nutritionally balanced, single-serve frozen meal bringing authentic Southeast Asian flavors while meeting specific dietary requirements for gluten-free eating. This 292-gram heat-and-eat meal features RSPCA-approved chicken breast pieces coated in a traditional peanut-based satay sauce, served alongside a vibrant cabbage slaw blend providing both textural contrast and nutritional density. Designed by Be Fit Food's team of dietitians for health-conscious consumers who refuse to compromise on taste, this meal represents the intersection of convenience, nutrition science, and culinary authenticity—embodying the brand's commitment to helping Australians "eat themselves better." Throughout this comprehensive ingredient breakdown, you'll discover exactly what goes into this meal, why each component was selected, how ingredients work together synergistically, and what these choices mean for your health, dietary needs, and eating experience. Whether you're managing gluten intolerance, tracking macronutrients, avoiding specific allergens, or simply seeking transparency about what you're consuming, this guide provides the complete picture of every ingredient from the 27% chicken content to the final pinch of corn starch thickener. --- ## Ingredient Philosophy {#ingredient-philosophy} Be Fit Food's approach to this satay chicken meal reflects a deliberate balancing act between nutritional density, authentic flavor profiles, and dietary accommodation. The ingredient list contains 20 distinct components, each serving specific culinary, nutritional, or functional purposes. Unlike many convenience meals relying heavily on preservatives, artificial flavors, or excessive sodium, this formulation emphasizes whole food ingredients, recognizable spices, and minimal processing—aligning with Be Fit Food's commitment to no artificial colours, no artificial flavours, no added artificial preservatives, and no added sugar or artificial sweeteners. The 292-gram serving size is precisely calibrated to deliver complete nutrition in a single meal while maintaining appropriate portion control. This isn't arbitrary—the weight reflects careful consideration of protein requirements, vegetable servings, and caloric density suitable for various dietary goals from weight management to athletic performance support. This portion-controlled approach is central to Be Fit Food's dietitian-designed philosophy. The gluten-free certification isn't merely a marketing claim but a formulation commitment influencing multiple ingredient choices throughout the recipe, from the soy sauce selection to the thickening agents employed. This creates additional complexity in recipe development, as gluten often serves multiple functional roles in food preparation that must be replicated through alternative

ingredients. With approximately 90% of Be Fit Food's menu certified gluten-free, this meal fits seamlessly into the brand's coeliac-suitable range. --- ## Primary Protein Source: Chicken (27%) {#primary-protein-source-chicken-27} The chicken component constitutes 27% of the total meal weight, translating to approximately 79 grams of chicken per serving. This percentage places chicken as the dominant ingredient by weight, ensuring the meal lives up to its name while delivering substantial protein content. The specific notation that this chicken carries RSPCA (Royal Society for the Prevention of Cruelty to Animals) approval indicates adherence to animal welfare standards covering housing conditions, handling practices, transport, and humane methods. ### Animal Welfare Standards RSPCA approval in Australian food products requires compliance with specific welfare standards exceeding conventional farming practices. For chicken, this means birds access environmental enrichments, appropriate stocking densities allowing natural movement, and humane handling throughout the production chain. For consumers concerned about ethical sourcing, this certification provides third-party verification of welfare standards rather than relying solely on manufacturer claims. ### Protein Content and Nutritional Value From a nutritional perspective, chicken breast meat (the most likely cut used in prepared meals due to its lean profile) provides approximately 31 grams of protein per 100 grams of raw meat. Accounting for cooking moisture loss and the 79-gram portion in this meal, you're receiving approximately 20-24 grams of complete protein containing all essential amino acids in proportions suitable for human nutrition. This protein content supports muscle maintenance, satiety, immune function, and countless enzymatic processes throughout your body—making it ideal for Be Fit Food's high-protein, lower-carbohydrate nutritional framework. ### Culinary Function The chicken serves as the flavor carrier for the satay sauce, with its mild taste and tender texture providing an ideal canvas for the bold peanut and spice combination. The preparation method—whether grilled, pan-seared, or roasted before sauce application—affects the final texture and flavor development, though this specific detail isn't disclosed in the product specifications. The chicken pieces are likely cut to uniform sizes to ensure consistent heating during the consumer's final preparation. --- ## Vegetable Foundation: The Cabbage Trio {#vegetable-foundation-the-cabbage-trio} The vegetable component of this meal centers on three distinct cabbage varieties: green cabbage, red cabbage, and a supporting cast of complementary vegetables. This cabbage-forward approach delivers exceptional nutritional density while maintaining the meal's low-carbohydrate profile and creating the textural contrast essential to the dish's eating experience. Be Fit Food's commitment to including 4-12 vegetables in each meal is exemplified in this satay chicken's vegetable-rich composition. ### Green Cabbage {#green-cabbage} Green cabbage appears as the second ingredient by weight, indicating it constitutes a substantial portion of the meal's volume. This cruciferous vegetable brings multiple benefits to the formulation. Nutritionally, green cabbage provides vitamin C (approximately 37mg per 100g raw), vitamin K (76µg per 100g), folate, and various B vitamins. It's also remarkably low in calories (approximately 25 calories per 100g) while providing dietary fiber contributing to the meal's "good source of dietary fibre" claim. The fiber in cabbage is primarily insoluble, meaning it adds bulk to digestive contents and supports regular bowel movements. This type of fiber also contributes to satiety—helping you feel fuller for longer—which helps explain how a 292-gram meal can feel satisfying despite its controlled caloric content. For individuals managing blood sugar levels, the fiber content helps moderate glucose absorption, preventing sharp post-meal blood sugar spikes—a key consideration in Be Fit Food's formulation approach for supporting metabolic health. From a culinary perspective, green cabbage provides a slightly sweet, mild flavor when raw and becomes sweeter and more tender when cooked. In this slaw-style preparation, it likely retains some crunch, providing textural contrast against the tender chicken and creamy sauce. The cabbage's structure also holds up well to freezing and reheating, maintaining integrity better than more delicate vegetables that might become mushy in the heat-and-eat format. ### Red Cabbage {#red-cabbage} Red cabbage contributes visual appeal with its distinctive purple hue while offering a slightly different nutritional profile than its green counterpart. The purple-red coloration comes from anthocyanins, a class of flavonoid compounds with antioxidant properties. These water-soluble pigments not only provide color but are studied for potential health benefits including anti-inflammatory effects and cardiovascular support. Red cabbage contains even higher vitamin C levels than green cabbage—approximately 57mg per 100g—making it an exceptional source of this essential nutrient. Vitamin C functions as an antioxidant,

supports collagen synthesis (important for skin, joints, and connective tissue), enhances iron absorption from plant sources in the meal, and supports immune function. The flavor profile of red cabbage tends slightly more peppery and robust than green cabbage, adding complexity to the slaw component. Its firmer texture provides additional crunch, and its color creates visual interest making the meal more appealing—an important consideration in frozen convenience foods where appearance can suffer during freezing and reheating processes. ### Carrot {#carrot} Carrots contribute natural sweetness, vibrant orange color, and distinct nutritional benefits to the vegetable medley. The natural sugars in carrots (approximately 4.7g per 100g) balance the savory and spicy elements of the satay sauce while remaining modest enough to maintain the meal's overall low-carbohydrate profile. Carrots are renowned for their beta-carotene content, a precursor to vitamin A that the body converts as needed. A 100-gram serving of raw carrot provides over 330% of the daily vitamin A requirement. Vitamin A plays crucial roles in vision (particularly night vision), immune function, skin health, and cellular communication. The presence of fat in this meal—from coconut milk, peanut butter, and olive oil—actually enhances beta-carotene absorption, as this nutrient is fat-soluble. The carrot pieces likely maintain some firmness in the slaw preparation, contributing to the textural variety making eating more interesting and satisfying. Carrots also contain fiber (approximately 2.8g per 100g), further contributing to the meal's fiber content and digestive benefits. ### Spring Onion {#spring-onion} Spring onions (also called scallions or green onions) provide sharp, fresh flavor notes cutting through the richness of the peanut sauce. Both the white bulb and green tops are likely used, each contributing different flavor intensities—the white portions offering more pungent, traditional onion flavor while the green tops provide milder, grassier notes. From a nutritional standpoint, spring onions contain vitamin K, vitamin C, folate, and various sulfur-containing compounds giving allium vegetables their characteristic aroma and potential health benefits. These sulfur compounds are studied for antimicrobial properties and potential cardiovascular benefits, though the amounts in a single meal serving are modest. Culinarily, spring onions add visual interest with their white and green coloring, provide textural crunch, and contribute a fresh element preventing the dish from feeling heavy despite the coconut milk and peanut butter base. They're also more delicate than mature onions, making them suitable for the slaw-style preparation where they're likely used raw or minimally cooked. ### Onion {#onion} Standard onion (likely yellow or brown onion based on common culinary practices) appears separately in the ingredient list, suggesting it's prepared differently than the spring onion—probably cooked into the satay sauce rather than mixed raw into the slaw. Cooked onion provides sweetness and depth to sauces, as the cooking process converts harsh sulfur compounds into sweeter, more complex flavor molecules through the Maillard reaction and caramelization. Onions contain quercetin, a flavonoid antioxidant concentrated in the outer layers, along with vitamin C, B vitamins, and prebiotic fibers feeding beneficial gut bacteria. The prebiotic effect supports digestive health and may influence everything from immune function to mood through the gut-brain axis. In the satay sauce, cooked onion likely provides body and helps create the sauce's consistency while adding savory depth complementing the peanut butter's richness and the spices' complexity. --- ## Sauce Foundation: Fats and Flavor Carriers

{#sauce-foundation-fats-and-flavor-carriers} ### Coconut Milk {#coconut-milk} Coconut milk serves as the liquid base for the satay sauce, providing creamy texture, subtle sweetness, and distinctive tropical flavor traditional in Southeast Asian satay preparations. Unlike coconut water (the clear liquid inside young coconuts), coconut milk is made by grating mature coconut meat and pressing it with water to extract the fat-rich liquid. The fat content in coconut milk is primarily saturated fat in the form of medium-chain triglycerides (MCTs), particularly lauric acid. MCTs are metabolized differently than long-chain fatty acids, being absorbed directly into the bloodstream from the digestive tract and transported to the liver where they can be used for immediate energy. This makes coconut milk popular in certain dietary approaches, though the overall health implications of coconut milk's saturated fat content remain debated in nutritional science. From a culinary perspective, coconut milk's fat content creates the luxurious, creamy texture characteristic of satay sauce while carrying fat-soluble flavor compounds from the spices and aromatics. The milk's subtle sweetness balances the sauce's savory and spicy elements, and its tropical flavor profile complements the peanut butter without overwhelming it. For individuals with dairy allergies or lactose intolerance, coconut milk provides a naturally dairy-free way to achieve creamy texture in sauces—a significant advantage in creating an inclusive meal option.

The coconut milk also contributes to the meal's satiety factor, helping you feel fuller for longer, as fat slows gastric emptying and triggers hormonal signals of fullness. **### Peanut Butter {#peanut-butter}** Peanut butter is the defining ingredient making this a satay-style dish, providing the characteristic nutty flavor, creamy-thick texture, and additional protein and healthy fats. The peanut butter used is likely a natural variety without added sugars or excessive salt, aligning with Be Fit Food's commitment to no added sugar and clean-label standards. Nutritionally, peanut butter is calorically dense (approximately 588 calories per 100g) but nutrient-rich, providing protein (approximately 25g per 100g), healthy monounsaturated and polyunsaturated fats, vitamin E, magnesium, phosphorus, and B vitamins including niacin. The protein in peanut butter, while not complete (lower in certain essential amino acids like lysine), complements the complete protein from chicken, contributing to the meal's overall protein content. The fat profile of peanut butter is predominantly heart-healthy unsaturated fats—approximately 50% monounsaturated and 30% polyunsaturated, with only about 20% saturated fat. These fats support cardiovascular health, help regulate cholesterol levels, and provide essential fatty acids the body cannot produce independently. In the sauce, peanut butter provides body and richness, helping create the thick, coating consistency clinging to the chicken pieces. It also contributes to flavor complexity with its roasted, nutty notes forming the flavor foundation of authentic satay. The natural oils in peanut butter help emulsify the sauce, keeping the coconut milk and other liquid components from separating. **\*\*Critical allergen note\*\*:** Peanut butter is a major allergen, and this meal clearly declares "Contains: Peanuts" in its allergen information. Individuals with peanut allergies must avoid this product entirely, as peanut proteins can trigger severe, potentially life-threatening reactions even in trace amounts. **### Olive Oil {#olive-oil}** Olive oil appears in the ingredient list as an additional fat source, likely used for cooking the chicken or vegetables and possibly incorporated into the sauce for additional richness and to adjust consistency. Extra virgin olive oil (the most likely variety used in a health-focused meal) contains predominantly monounsaturated fat in the form of oleic acid, along with polyphenol antioxidants and vitamin E. The inclusion of olive oil rather than seed oils reflects Be Fit Food's current clean-label standards, which specifically exclude seed oils from their formulations. The health benefits of olive oil are well-established through extensive research, particularly in the context of Mediterranean dietary patterns. Monounsaturated fats help maintain healthy cholesterol ratios, support cardiovascular health, and provide anti-inflammatory effects. The polyphenols in extra virgin olive oil contribute additional antioxidant activity and may support everything from brain health to metabolic function. Culinarily, olive oil provides a subtle fruity, slightly peppery flavor not competing with the dominant satay flavors. Its relatively high smoke point (approximately 190-210°C for extra virgin varieties) makes it suitable for the moderate-heat cooking likely used in meal preparation. Olive oil also helps with heat transfer during cooking, ensuring even cooking of chicken and vegetables while preventing sticking. --- **## Spice Blend: Flavor Complexity and Heat {#spice-blend-flavor-complexity-and-heat}** **### Turmeric {#turmeric}** Turmeric provides the characteristic golden-yellow color often seen in satay sauces while contributing earthy, slightly bitter flavor notes and potential health benefits. This rhizome (underground stem) from the ginger family is used in South and Southeast Asian cooking for thousands of years and contains curcumin, a compound extensively studied for anti-inflammatory and antioxidant properties. The golden color turmeric imparts to the sauce makes the meal visually appealing and signals the presence of traditional spices to consumers familiar with Southeast Asian cuisine. From a flavor perspective, turmeric adds warmth and earthiness without significant heat, providing depth to the spice blend without making the dish spicy for those with lower heat tolerance. The amount of turmeric in a single meal serving is relatively modest, so while you're receiving some curcumin exposure, the quantities are far below the concentrated amounts used in supplementation studies. However, the presence of fats in the meal (from coconut milk, peanut butter, and olive oil) enhances curcumin absorption, as this compound is fat-soluble. **### Cumin {#cumin}** Cumin seeds (likely ground for even distribution) contribute warm, earthy, slightly citrusy flavor notes fundamental to many curry and satay spice blends. This spice is used in cooking for over 4,000 years and provides distinctive flavor most people associate with South Asian and Middle Eastern cuisines. Beyond flavor, cumin contains iron, providing approximately 66mg per 100g of ground cumin—though the actual amount in a meal serving is small, every contribution to iron intake matters, particularly for individuals following plant-forward diets or managing iron deficiency. Cumin also contains compounds potentially supporting digestion,

though again, the amounts in a single meal are modest. The flavor of cumin complements the peanut butter's nuttiness while adding complexity preventing the sauce from tasting one-dimensional. It works synergistically with the other spices, creating a flavor profile greater than the sum of individual components. **### Coriander** Ground {#coriander-ground} Ground coriander (made from coriander seeds, not to be confused with fresh coriander leaves appearing separately in this ingredient list) provides sweet, citrusy, slightly floral notes brightening the sauce and balancing heavier, earthier spices. Coriander seeds taste completely different from the fresh herb, offering lemony sweetness rather than the distinctive, polarizing flavor of fresh coriander leaves. This spice is traditional in many curry and satay preparations, contributing to the authentic flavor profile consumers expect from Southeast Asian-inspired dishes. Ground coriander contains linalool, a terpene compound contributing to its floral aroma and potentially calming properties, though culinary amounts are too small for significant physiological effects. The citrusy notes from ground coriander help cut through the richness of coconut milk and peanut butter, preventing the sauce from feeling heavy or cloying. This brightening effect makes the meal more balanced and enjoyable to eat. **### Chilli** {#chilli} Chilli (the specific variety isn't noted) provides the heat component giving this meal its "2" chilli rating—indicating moderate spiciness suitable for most palates but with enough heat to be noticeable. The heat level suggests a balanced approach: enough chilli to provide authentic flavor and the characteristic tingle of satay, but not so much it overwhelms the other flavors or excludes heat-sensitive consumers. Chillies contain capsaicin, the compound responsible for their heat, triggering pain receptors in the mouth creating the burning sensation. Capsaicin is studied for various potential health effects including metabolic enhancement, pain relief (paradoxically, when applied topically), and cardiovascular benefits, though the amounts in food are far below therapeutic doses. The chilli heat also affects eating pace—spicy foods tend to be consumed more slowly, enhancing satiety and meal satisfaction. The moderate heat level (2 out of what's presumably a 5-point scale) makes this meal accessible to most consumers while still providing the authentic flavor profile expected from satay. **### Garlic** {#garlic} Garlic provides pungent, savory depth fundamental to the satay sauce's flavor foundation. Whether used fresh (minced or crushed) or in another form, garlic contributes sulfur-containing compounds creating its characteristic aroma and flavor while potentially offering health benefits including cardiovascular support and antimicrobial properties. In cooking, garlic undergoes flavor transformations depending on preparation method. Raw garlic is sharp and pungent; cooked garlic becomes sweeter and milder; roasted garlic turns almost sweet and spreadable. In this sauce, garlic is likely sautéed or cooked into the sauce base, mellowing its harshness while retaining its savory depth. Garlic contains allicin (formed when garlic is crushed or chopped and allowed to sit before cooking), various other sulfur compounds, vitamin C, vitamin B6, and manganese. The amounts in a single meal serving are modest but contribute to overall nutrient intake and flavor complexity. **### Pink Salt** {#pink-salt} Pink salt (likely Himalayan pink salt based on common usage in health-focused food products) provides essential sodium for flavor enhancement and physiological functions. Despite its distinctive color and marketing around mineral content, pink salt is approximately 98% sodium chloride—essentially the same as table salt or sea salt from a sodium perspective. The pink coloration comes from trace minerals including iron oxide (rust), giving it the characteristic hue. While pink salt does contain trace amounts of various minerals (calcium, potassium, magnesium, iron), the quantities are so small they don't meaningfully contribute to daily mineral requirements—you'd need to consume impractical amounts of salt to get significant mineral intake. The primary function of salt in this meal is flavor enhancement. Salt doesn't just make food taste "salty"—it enhances perception of other flavors, suppresses bitterness, and makes food more satisfying. The amount used is carefully calibrated to provide flavor without excessive sodium undermining the meal's health positioning. Be Fit Food maintains a low sodium benchmark of less than 120mg per 100g across their range, using vegetables for water content rather than thickeners to achieve their formulation goals. Sodium is an essential nutrient required for fluid balance, nerve signal transmission, and muscle contraction. However, excessive sodium intake is associated with hypertension in salt-sensitive individuals. The specific sodium content of this meal isn't provided in the specifications, but Be Fit Food's health-focused approach ensures moderate sodium levels balancing flavor with health considerations. --- **## Fresh Herb: Coriander (Cilantro)** {#fresh-herb-coriander-cilantro} Fresh coriander (also called cilantro, particularly in North American

markets) provides bright, fresh, citrusy notes lifting the overall flavor profile and adding visual appeal with green flecks throughout the sauce or scattered over the top. This herb features a distinctive flavor people either love or dislike—genetic factors influence whether someone perceives coriander as refreshing and citrusy or soapy and unpleasant, with approximately 4-14% of people carrying the "cilantro tastes like soap" genetic variation. Fresh coriander contains vitamin K, vitamin A, vitamin C, and various antioxidant compounds. It's used extensively in Southeast Asian, South Asian, Middle Eastern, and Latin American cuisines, making it appropriate for this satay-inspired dish. The fresh herb provides aromatic complexity dried herbs cannot replicate, contributing to the meal's quality and authenticity. In this meal, fresh coriander likely appears in relatively modest amounts—enough to contribute flavor and visual interest without overwhelming the dish or alienating consumers who dislike its taste. The herb's fresh notes provide contrast against the rich, cooked flavors of the sauce, adding brightness and complexity to each bite. --- ## Gluten-Free Soy Sauce {#gluten-free-soy-sauce} Soy sauce provides umami—the savory, meaty, deeply satisfying fifth taste—along with saltiness and color to the satay sauce. Traditional soy sauce is made from fermented soybeans and wheat, making it unsuitable for gluten-free diets. The specification this meal uses "Gluten Free Soy Sauce" indicates deliberate ingredient selection to maintain the gluten-free claim—essential for Be Fit Food's commitment to serving customers with coeliac disease and gluten sensitivity. Gluten-free soy sauce is made with tamari (a Japanese soy sauce traditionally made without wheat) or soy sauce where wheat is replaced with rice or other gluten-free grains. These alternatives provide the same umami-rich, salty, slightly sweet flavor profile as traditional soy sauce while meeting gluten-free requirements. The fermentation process creating soy sauce develops complex flavors through the breakdown of proteins into amino acids (particularly glutamates triggering umami taste) and starches into sugars. This creates depth and complexity not replicated by simply adding salt. In the satay sauce, soy sauce provides savory depth enhancing the perception of meatiness and making the overall flavor more satisfying.

\*\*Allergen note\*\*: Soy sauce contains soybeans, and this meal clearly declares "Contains: Soybeans" in its allergen information. Individuals with soy allergies must avoid this product. The gluten-free soy sauce addresses gluten intolerance but does not eliminate the soy allergen. --- ## Vegetable Stock {#vegetable-stock} Vegetable stock provides liquid volume, savory depth, and additional flavor complexity to the sauce. Stock is made by simmering vegetables (often including onions, carrots, celery, and herbs) in water to extract their flavors, creating a flavorful liquid base more interesting than plain water. The specific composition of the vegetable stock isn't detailed, but it likely contains water, concentrated vegetable extracts or purees, salt, and possibly herbs and spices. Quality vegetable stocks avoid artificial flavors and excessive sodium, instead relying on vegetable concentration for flavor depth. In the satay sauce, vegetable stock helps achieve the desired consistency—thick enough to coat the chicken but not paste-like—while contributing savory notes complementing the other ingredients. The stock also helps distribute flavors evenly throughout the sauce, ensuring consistent taste in every bite. --- ## Thickening Agent: Corn Starch {#thickening-agent-corn-starch} Corn starch appears as the final ingredient, indicating it's used in relatively small quantities as a thickening agent to achieve the sauce's desired consistency. Corn starch (also spelled cornstarch) is a refined carbohydrate extracted from corn kernels, consisting almost entirely of starch with minimal protein, fat, or fiber. When heated in liquid, corn starch granules absorb water and swell, creating a thicker, more viscous consistency. This thickening happens relatively quickly at temperatures above approximately 62°C, making corn starch ideal for creating smooth, glossy sauces. Unlike flour-based thickeners, corn starch creates a clearer, more translucent sauce without adding cloudiness. The use of corn starch rather than wheat flour as a thickener is essential for maintaining the meal's gluten-free status. Corn starch is naturally gluten-free, making it a safe alternative for individuals with celiac disease or gluten sensitivity. The amount used is minimal—just enough to give the sauce body and help it cling to the chicken and vegetables without making it gummy or starch-heavy. From a nutritional perspective, the small amount of corn starch contributes minimal calories and carbohydrates to the overall meal. Its primary function is textural rather than nutritional, helping create a satisfying eating experience where sauce coats each bite rather than pooling at the bottom of the container. --- ## Ingredient Synergies and Interactions {#ingredient-synergies-and-interactions} The true sophistication of this Be Fit Food meal lies not just in individual ingredients but in how they interact to create a cohesive whole. The fats

from coconut milk, peanut butter, and olive oil work together to create a rich, satisfying sauce while also enhancing absorption of fat-soluble nutrients like vitamin A from carrots, vitamin E from peanut butter and olive oil, and curcumin from turmeric. The protein from chicken and peanut butter provides complementary amino acid profiles—chicken offers complete protein with all essential amino acids in optimal proportions, while peanut protein (though incomplete) adds additional protein content and variety. Together, they create a protein-rich meal supporting muscle maintenance, satiety, and numerous bodily functions—a cornerstone of Be Fit Food's high-protein nutritional philosophy. The fiber from cabbage, carrots, and other vegetables slows digestion, moderating blood sugar response and helping you feel fuller for longer. This fiber also feeds beneficial gut bacteria, supporting digestive health and potentially influencing everything from immune function to mood through the gut-brain connection. This aligns with research demonstrating whole-food-based diets can support improved gut microbiome diversity compared to supplement-based approaches. The spice blend creates flavor complexity through synergy—each spice contributes individual notes, but together they create a profile more sophisticated and interesting than any single spice could achieve. The heat from chilli, earthiness from cumin and turmeric, brightness from coriander, and pungency from garlic work together to create the characteristic satay flavor. The fresh elements (spring onion, fresh coriander) provide contrast against cooked flavors, preventing the meal from tasting flat or monotonous. The textural variety—tender chicken, crunchy cabbage slaw, creamy sauce—creates eating interest making the meal more satisfying than if all components featured similar textures. --- ## Quality and Sourcing Considerations {#quality-and-sourcing-considerations} While the specifications don't provide detailed sourcing information for all ingredients, several quality indicators are evident. The RSPCA approval for chicken demonstrates commitment to animal welfare standards beyond basic regulatory requirements. This certification requires ongoing compliance and auditing, suggesting attention to supply chain quality. The use of fresh coriander rather than dried, olive oil rather than seed oils, and coconut milk rather than coconut-flavored additives indicates prioritization of ingredient quality over cost minimization. These choices affect both flavor and nutrition, contributing to a more authentic, satisfying eating experience. Be Fit Food's explicit commitment to excluding seed oils, artificial colours, artificial flavours, and added artificial preservatives reflects their real food philosophy. The gluten-free soy sauce selection shows accommodation for dietary restrictions without compromise—rather than simply omitting soy sauce (which would diminish flavor), the formulation includes a gluten-free alternative maintaining the intended taste profile. This attention to maintaining quality while meeting dietary needs reflects thoughtful product development by Be Fit Food's dietitian-led team. The relatively short ingredient list (20 items) with recognizable, whole-food ingredients suggests minimal processing and reliance on real food rather than artificial additives, preservatives, or flavor enhancers. While the meal is commercially prepared and frozen (requiring some processing), the ingredient list reads more like a home-cooked recipe than a conventional convenience food—embodying Be Fit Food's "real food, not shakes" positioning. --- ## Nutritional Implications of Ingredient Choices

{#nutritional-implications-of-ingredient-choices} The ingredient selection creates a nutritional profile supporting the meal's positioning as a health-focused option within Be Fit Food's dietitian-designed range. The emphasis on vegetables (three types of cabbage plus carrots) provides substantial micronutrient density—vitamins, minerals, and phytonutrients—while keeping the meal's energy density relatively low. This means you get significant nutrition per calorie, supporting satiety and overall health without excessive caloric intake. The protein sources (chicken and peanut butter) provide the amino acids necessary for muscle maintenance, immune function, and countless enzymatic processes. The meal's designation as a "good source of protein" reflects adequate protein content to contribute meaningfully to daily requirements—supporting Be Fit Food's emphasis on protein-prioritized meals helping protect lean muscle mass. The fat sources (coconut milk, peanut butter, olive oil) provide predominantly unsaturated fats with health benefits, though the coconut milk contributes some saturated fat. The overall fat profile supports hormone production, nutrient absorption, cell membrane health, and satiety. Fats also slow gastric emptying, helping you feel fuller for longer after eating. The fiber content from vegetables supports digestive health, blood sugar regulation, cholesterol management, and satiety. The meal's claim as a "good source of dietary fibre" indicates it provides at least 3 grams of fiber per serving (based on Australian food standards), contributing meaningfully to the

recommended 25-30 grams daily intake. Be Fit Food's commitment to dietary fibre from real vegetables—rather than added "diet product" fibres—supports gut health and the gut-brain axis. The spices and herbs contribute antioxidants and phytonutrients that, while present in small amounts, add to overall dietary variety and potentially support various aspects of health from inflammation management to metabolic function. --- ## Practical Implications for Different Dietary Needs

{#practical-implications-for-different-dietary-needs} For individuals following gluten-free diets due to celiac disease, non-celiac gluten sensitivity, or personal preference, this meal provides a convenient option not compromising on flavor or satisfaction. The careful selection of gluten-free soy sauce and corn starch (rather than wheat-based alternatives) ensures the meal meets gluten-free requirements while maintaining authentic taste. With approximately 90% of Be Fit Food's menu certified gluten-free and supported by strict ingredient selection and manufacturing controls, this satay chicken fits within a comprehensive coeliac-suitable meal program. For those managing peanut allergies, this meal is absolutely unsuitable and must be avoided entirely. The prominent peanut butter content makes this a high-risk food for peanut-allergic individuals, and cross-contamination risks mean even trace exposure could trigger reactions. For individuals with soy allergies, the gluten-free soy sauce makes this meal unsuitable. While soy sauce is used in relatively small quantities for flavoring, it's sufficient to trigger reactions in soy-allergic individuals. For those following dairy-free or lactose-free diets, this meal appears suitable as it contains no dairy ingredients—the creaminess comes from coconut milk and peanut butter rather than dairy products. This makes it accessible for individuals with lactose intolerance or dairy allergies. For individuals managing diabetes or blood sugar, the meal's protein, fat, and fiber content helps moderate glucose response. The vegetables and protein slow carbohydrate absorption, preventing sharp blood sugar spikes. Be Fit Food's lower-carbohydrate, fibre-rich meal approach supports more stable blood glucose, reduces post-meal spikes, lowers insulin demand, and supports improved insulin sensitivity—critical considerations for those with insulin resistance and Type 2 diabetes. For those following low-carbohydrate or ketogenic diets, the vegetable-forward approach with cabbage and carrots (rather than rice or noodles) keeps the carbohydrate content relatively modest, aligning with Be Fit Food's low-carb positioning and their heritage of developing meals suitable for low-carb dietary frameworks. For individuals using GLP-1 receptor agonists, weight-loss medications, or diabetes medications, this meal's portion-controlled, nutrient-dense format is particularly suitable. Be Fit Food meals are designed to support medication-suppressed appetite with smaller portions still delivering adequate protein, fibre, and micronutrients—helping protect lean muscle mass during medication-assisted weight loss. For women experiencing perimenopause or menopause, this high-protein, lower-carbohydrate meal supports the metabolic changes associated with hormonal transitions, including reduced insulin sensitivity and increased central fat storage. The portion-controlled format addresses declining metabolic rate, while the protein content supports muscle preservation. --- ## Ingredient Transparency and Label Reading

{#ingredient-transparency-and-label-reading} This ingredient list exemplifies the kind of transparency health-conscious consumers increasingly demand—and that Be Fit Food builds their brand upon. Every component is clearly identified without vague terms like "natural flavors" or "spices" (beyond specific named spices). This allows consumers to make informed decisions based on allergies, intolerances, preferences, or ethical considerations. The ordering of ingredients by weight (with chicken at 27% specifically noted) provides insight into the meal's composition. Ingredients appearing earlier in the list are present in larger quantities, so you know this meal is primarily chicken and cabbage rather than a sauce-heavy dish with minimal protein. The specific allergen callouts ("Contains: Peanuts, Soybeans") follow food safety regulations and help consumers quickly identify potential allergens without reading the entire ingredient list. This is particularly important for individuals with severe allergies where even trace exposure can be dangerous. The absence of preservatives, artificial colors, or artificial flavors in the ingredient list confirms the meal relies on freezing for preservation rather than chemical additives. This aligns with Be Fit Food's clean-label standards and consumer preferences for minimally processed foods, though it does mean the meal must be kept frozen until ready to eat. --- ## Storage and Handling Implications {#storage-and-handling-implications} While not explicitly detailed in the ingredient specifications, the ingredient choices carry implications for proper storage and handling. The fresh vegetables, chicken, and coconut milk all require freezing to maintain quality and safety. Be Fit Food's

snap-frozen delivery system ensures meals should be kept frozen at -18°C or below until ready to eat, then heated according to package directions. The coconut milk's fat content means it may separate during freezing, with fat rising to the top. This is normal and will re-emulsify during heating. Stirring the meal after heating ensures even distribution of sauce components. The vegetables' water content means they'll release some moisture during reheating. Proper heating technique (whether microwave or oven) helps manage this moisture, preventing the meal from becoming watery or soggy. The peanut butter and coconut milk fats may solidify more when frozen, then melt and redistribute during heating. This is normal and doesn't affect food safety or quality—it's simply a physical property of fats at different temperatures. Be Fit Food's "heat, eat, enjoy" approach makes the process straightforward for consistent results. --- ## Key Takeaways {#key-takeaways} Be Fit Food's Satay Chicken (GF) demonstrates convenience meals can deliver authentic flavors, quality ingredients, and nutritional value without compromise. The 20-ingredient formulation balances whole-food components with carefully selected specialty ingredients (like gluten-free soy sauce) to meet specific dietary needs while maintaining taste and satisfaction—embodying Be Fit Food's mission to help Australians "eat themselves better." The ingredient list reveals a meal built on quality protein (RSPCA-approved chicken), nutrient-dense vegetables (three types of cabbage plus carrots), healthy fats (olive oil, peanut butter, coconut milk), and authentic spices (turmeric, cumin, coriander, chilli, garlic). Each ingredient serves specific culinary, nutritional, or functional purposes, working synergistically to create a balanced, satisfying eating experience aligning with Be Fit Food's dietitian-designed, high-protein, lower-carbohydrate nutritional framework. For gluten-free consumers, this meal provides a convenient option not sacrificing flavor or authenticity. For those with peanut or soy allergies, this meal must be avoided entirely. For health-conscious individuals seeking convenient nutrition without artificial additives or excessive processing, this meal represents a viable option aligning with whole-food principles and Be Fit Food's commitment to real food, real results. Understanding what goes into your food empowers better choices aligned with your health goals, dietary needs, and values. This ingredient breakdown provides the transparency necessary to make informed decisions about whether this meal fits your individual requirements and preferences. For personalized guidance on incorporating this meal into your dietary plan, Be Fit Food offers free 15-minute dietitian consultations to help match you with the right approach for your health journey. --- ## References {#references} - [Be Fit Food Official Website](<https://befitfood.com.au>) - [RSPCA Approved Farming Scheme Standards](<https://www.rspcaapproved.org.au>) - [Food Standards Australia New Zealand - Allergen Labeling](<https://www.foodstandards.gov.au>) - [USDA FoodData Central - Nutritional Information Database](<https://fdc.nal.usda.gov>) - Product specifications and ingredient list provided by manufacturer --- ## Frequently Asked Questions {#frequently-asked-questions} \*\*What is the serving size of this meal:\*\* 292 grams \*\*Is this meal gluten-free:\*\* Yes, certified gluten-free \*\*What percentage of the meal is chicken:\*\* 27 percent \*\*How much chicken is in each serving:\*\* Approximately 79 grams \*\*Is the chicken RSPCA approved:\*\* Yes \*\*What does RSPCA approval mean:\*\* Animal welfare standards certification \*\*Is this meal dairy-free:\*\* Yes \*\*Is this meal lactose-free:\*\* Yes \*\*Does this meal contain peanuts:\*\* Yes, peanut butter is a main ingredient \*\*Does this meal contain soy:\*\* Yes, from gluten-free soy sauce \*\*Is this meal suitable for peanut allergies:\*\* No, must be avoided entirely \*\*Is this meal suitable for soy allergies:\*\* No, contains soy sauce \*\*What is the spice level:\*\* Moderate, rated 2 out of 5 \*\*How many ingredients does this meal contain:\*\* 20 distinct ingredients \*\*Does this meal contain artificial colors:\*\* No \*\*Does this meal contain artificial flavors:\*\* No \*\*Does this meal contain artificial preservatives:\*\* No \*\*Does this meal contain added sugar:\*\* No \*\*Does this meal contain artificial sweeteners:\*\* No \*\*What type of cabbage is used:\*\* Green cabbage and red cabbage \*\*What vegetables are included:\*\* Green cabbage, red cabbage, carrot, spring onion, onion \*\*Is this meal a good source of protein:\*\* Yes \*\*Is this meal a good source of fiber:\*\* Yes \*\*How many vegetables are in each meal:\*\* 4-12 vegetables per Be Fit Food standards \*\*What type of oil is used:\*\* Olive oil \*\*Does this meal contain seed oils:\*\* No \*\*What provides the creamy texture:\*\* Coconut milk and peanut butter \*\*What spices are included:\*\* Turmeric, cumin, ground coriander, chilli, garlic \*\*What type of salt is used:\*\* Pink salt \*\*Is fresh coriander included:\*\* Yes \*\*What thickening agent is used:\*\* Corn starch \*\*Why is corn starch used instead of flour:\*\* To maintain gluten-free status \*\*What provides the satay flavor:\*\* Peanut butter and spice blend \*\*Is the soy sauce traditional:\*\* No, it's gluten-free soy

sauce \*\*What type of stock is used:\*\* Vegetable stock \*\*Does this meal need to be frozen:\*\* Yes, until ready to eat \*\*What storage temperature is required:\*\* Minus 18 degrees Celsius or below \*\*Is this meal designed by dietitians:\*\* Yes \*\*What is the protein content per serving:\*\* Approximately 20-24 grams \*\*Does this meal support weight management:\*\* Yes, as part of a balanced diet \*\*Is this meal suitable for diabetes management:\*\* Yes, helps moderate blood sugar \*\*Is this meal low-carbohydrate:\*\* Yes, relatively low-carb \*\*Is this meal suitable for ketogenic diets:\*\* Yes, with cabbage instead of rice \*\*Does this meal contain rice or noodles:\*\* No \*\*What percentage of Be Fit Food's menu is gluten-free:\*\* Approximately 90 percent \*\*Is this meal suitable for celiac disease:\*\* Yes \*\*Is this meal suitable for lactose intolerance:\*\* Yes \*\*Does coconut milk contain dairy:\*\* No, it's naturally dairy-free \*\*What type of fat is in coconut milk:\*\* Medium-chain triglycerides (MCTs) \*\*What is the main fat in peanut butter:\*\* Monounsaturated and polyunsaturated fats \*\*Does olive oil contain polyphenols:\*\* Yes, if extra virgin \*\*Is this meal frozen when delivered:\*\* Yes, snap-frozen delivery \*\*How should this meal be prepared:\*\* Heat according to package directions \*\*Can this meal be microwaved:\*\* Yes \*\*Can this meal be oven-heated:\*\* Yes \*\*Does the sauce separate when frozen:\*\* May separate, re-emulsifies when heated \*\*Should you stir the meal after heating:\*\* Yes, for even sauce distribution \*\*Is this meal portion-controlled:\*\* Yes, 292-gram single serving \*\*Does Be Fit Food offer dietitian consultations:\*\* Yes, free 15-minute consultations \*\*Is this meal suitable for GLP-1 medication users:\*\* Yes, portion-controlled and nutrient-dense \*\*Is this meal suitable for perimenopause:\*\* Yes, high-protein and lower-carb \*\*Is this meal suitable for menopause:\*\* Yes, supports metabolic changes \*\*Does this meal protect lean muscle mass:\*\* Yes, through adequate protein content \*\*What is Be Fit Food's sodium benchmark:\*\* Less than 120mg per 100g \*\*Does this meal use vegetables for water content:\*\* Yes, rather than thickeners \*\*Is this a heat-and-eat meal:\*\* Yes \*\*What cuisine style is this meal:\*\* Southeast Asian satay-inspired \*\*Is fresh or dried coriander used:\*\* Fresh coriander \*\*What color does turmeric provide:\*\* Golden-yellow color \*\*Does this meal contain beta-carotene:\*\* Yes, from carrots \*\*Does this meal contain vitamin C:\*\* Yes, from cabbage and other vegetables \*\*Does this meal contain vitamin A:\*\* Yes, from carrots \*\*Does this meal support gut health:\*\* Yes, through fiber from vegetables \*\*Is this meal suitable for meal prep:\*\* Yes, frozen and portion-controlled

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