

Vegan Falafel Fava Beans

The combination of fresh mint and coriander gives this vegan falafel a fresh and distinctive flavour. Made from fava beans and chickpeas, it is a flavourful addition to the plant-based assortment.

claims • This vegan Falafel Fava Beans are based on chickpeas and fava beans • Vegan • One vegan Falafel Fava Beans weighs about 20 grams • Source of protein • Source of fibre
based on calculated value

Ingredients

68% legumes (34% chickpea, 34% broad bean), water, vegetable oils (sunflower, rapeseed in varying proportions), onion, fresh herbs (coriander, mint), WHEAT flour, garlic powder, spices, corn starch, WHEAT fibre, salt, yeast.



Nutrition value

	100 gram	Per portion (85g)	RDI/GDA
Energy	746 kJ	634kJ	8
Energy	178 kcal	151kcal	8
Total fat	8.4g	7.1g	10
saturated fat	1.6g	1.4g	7
Carbohydrates	16g	14g	5
of which sugars	1.9g	1.6g	2
Fibres	5.5g	4.7g	
Proteins	6.7g	5.7g	11
Salt	0.49g	0.42g	7

Reference intake of an average adult (8400 kJ/2000 kcal).

* Recommended Daily Intake.

Method of preparation

Fry in pan : Heat oil in a pan and fry until golden brown, turn frequently. Thawned product: 6-8 min, medium heat. Frozen product: 11-13 min, medium heat.

Categories

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*Schouten's products and associated procedures meet the requirements of the V-Label, Vegan Action and the Vegan Society, the best-known official labels for vegan products.

Allergens

Zonder

Milk, egg, soy, rye, fish, crustacean and shellfish, tree nuts, peanuts, sulphite, celery, sesame, lupine, mustard, molluscs, barley, oat, spelt, kamut, almond, hazelnuts, walnuts, cashewnut, pecan, Brazil nut, pistachio, macadamia nut

Aanwezig

Gluten containing grain, wheat

Packaging options



Consumer packaging

Chilled

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Consumer box

Frozen



Foodservice box

2.5/3 kg | Frozen



Industry box

10 kg | Frozen