

## 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. Thawed product: 6-8 min, medium heat. Frozen product: 11-13 min, medium heat.

### Categories

[Balls](#), [Falafel](#), [Ingredients](#), [Schouten's Variations](#), [Snacks](#), [Vegan\\*](#), [Soy free](#), [Gourmet](#), [Wrap](#), [On a bun](#), [Main course salad](#), [Meal component](#), [Industry](#), [Out of home](#), [Retail](#)

\*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

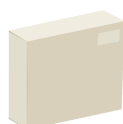
Gluten containing grain, wheat

### Packaging options



#### Consumer packaging

Chilled



#### Consumer box

Frozen



#### Foodservice box

2.5/3 kg | Frozen



#### Industry box

10 kg | Frozen