

Vegan Falafel Fava Beans

Delicious vegan treat with fresh mint and coriander for a refreshing twist. Perfect for surprising dishes. Use as an ingredient in wraps, sandwiches and salads, or as an addition to mezze platters and appetisers.

claims • This vegan Falafel Fava Beans is based on chickpeas and fava beans • Vegan • One vegan Falafel Fava Beans weighs 20 grams • High fibre

based on calculated value

Ingredients

70% legumes (35% chickpea, 35% broad bean), water, onion, vegetable oils (sunflower, rapeseed in varying proportions), 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 | 723 kJ | 615kJ | 7 |
| Energy | 173 kcal | 147kcal | 7 |
| Total fat | 6.6g | 5.6g | 8 |
| saturated fat | 0.8g | 0.7g | 3 |
| Carbohydrates | 19g | 16g | 6 |
| of which sugars | 3.3g | 2.8g | 3 |
| Fibres | 6.1g | 5.2g | |
| Proteins | 6.6g | 5.6g | 11 |
| Salt | 0.50g | 0.43g | 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

Free from

Milk, fish, crustacean and shellfish, tree nuts, peanuts, celery, sesame, lupine, molluscs, almond, hazelnuts, walnuts, cashewnut, pecan, Brazil nut, pistachio, macadamia nut

May contain

Egg, soy, rye, mustard, barley, oat, spelt, kamut

Contains

Gluten containing grain, wheat, sulphite

Packaging options



Consumer packaging
Chilled



Consumer box
Frozen



Foodservice box
2.5/3 kg | Frozen



Industry box
10 kg | Frozen

