

## Marinated Skewers without Sticks

The vegetarian skewers combine a juicy, tender texture with a flavourful marinade that adds instant character. This high-quality chicken alternative is ready to use and fits perfectly within modern plant-based menus or on the BBQ.

**claims** • These vegetarian skewers contain protein from soy and wheat • Vegetarian • One skewer weighs about 35 grams • High protein • High in iron • Source of vitamin B12

*based on calculated value*

### Ingredients

Water, 10% vegetable protein (SOY, WHEAT), sugar, vegetable oils (sunflower, rapeseed in varying proportions), free range EGG white, starch (potato, WHEAT), vinegar, natural flavouring (contains EGG), WHEAT fibre, spices, dextrose, modified potato starch, preservative (potassium acetates), potassium chloride, dried vegetables (sweet pepper, onion, garlic), salt, acid (citric acid), natural sweet pepper flavouring, Iron, vitamin B12.

### Nutrition value

	100 gram	Per portion ( 70g)	RDI/GDA
Energy	757 kJ	530kJ	6
Energy	181 kcal	127kcal	6
Total fat	6.2g	4.3g	6
saturated fat	0.7g	0.5g	2
Carbohydrates	17g	12g	5
of which sugars	9.1g	6.4g	7
Fibres	2.2g	1.5g	
Proteins	13g	9.1g	18
Salt	1.0g	0.70g	12
iron	8.49mg	5.90mg	
vitamin B12	0.52mcg	0.40mcg	

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

\* Recommended Daily Intake.



### Method of preparation

**Bake in oven** : Bake in a preheated oven at 180°C (hot air) until golden brown, turn once. Thawed product: 9-11 min. Frozen product: 16-18 min.

**Fry in pan** : Heat oil in a pan and fry until golden brown, turn frequently. Thawed product: 3-5 min, medium heat. Frozen product: 5-7 min, medium heat.

**Airfryer** : Bake in a preheated airfryer at 200°C until golden brown, turn once. Thawed product: 3-5 min. Frozen product: 4-6 min.

### Categories

[Plant-based Chicken](#), [Schouten's Classics](#), [Snacks](#), [Meal component](#), [BBQ - Barbecue](#), [Industry](#), [Out of home](#), [Retail](#)

### Allergens

#### Zonder

Milk, 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

Egg, soy, gluten containing grain, wheat

Packaging options



Consumer packaging  
Chilled



Consumer box  
Frozen