schouten specialist in plant-based protein

NUTRI-SCORE A B C D E

P00330

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. Thawned product: 9-11 min. Frozen product: 16-18 min.

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

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

Categories

Plant-based chicken, Schouten's Classics, Snacks & appetizers, Meal component, BBQ - Barbecue, Industry, Out of home, Retail

Allergens

Zonder

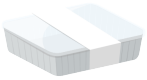
Milk, rye, fish, crustacean and shellfish, tree nuts, peanuts, sulphite, celery, sesame, lupine, mustard, molluscs, barley, oat, spelt, kamut, almond, hazelnuts, walnuts, cashewnut, pecan, Brazil nut, pistachio, macadamia nut

Aanwezig

Egg, soy, gluten containing grain, wheat

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Packaging options



Consumer packaging
Chilled



Consumer box
Frozen