schouten specialist in plant-based protein

NUTRI-SCORE A B C D E

P00470/P00296

balls

These balls offer versatility in the kitchen. They have a juicy bite and are indistinguishable from the real thing. From pasta dishes to wraps, these balls take every meal to the next level.

claims • These Vegetarian Snack Balls contain protein from pea and wheat • Vegetarian • One vegetarian ball weighs about 17 grams • High protein • Source of fibre • High in iron • Source of vitamin B12

based on calculated value

Ingredients

Water, 16% vegetable protein (SOY, WHEAT), vegetable oils (sunflower, rapeseed in varying proportions), starch (potato, WHEAT), free range EGG white, natural flavouring, dried onion, vinegar, WHEAT fibre, dextrose, spices, salt, SOY beans, WHEAT flake, preservative (potassium acetates), Iron, vitamin B12.

Nutrition value

	100 gram	Per portion (85g)	RDI/GDA
Energy	864 kJ	734kJ	9
Energy	206 kcal	175kcal	9
Total fat	10g	8.5g	12
saturated fat	1.2g	1.0g	5
Carbohydrates	13g	11g	4
of which sugars	1.0g	0.9g	1
Fibres	3.9g	3.3g	
Proteins	14g	12g	24
Salt	1.4g	1.2g	20
iron	8.45mg	7.20mg	
vitamin B12	0.49mcg	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: 10-12 min. Frozen product: 13-15 min.
Fry in pan : Heat oil in a pan and fry until golden brown, turn frequently. Thawned product: 4-6 min, medium heat. Frozen product: 10-12 min, medium heat.
Deep frying : Fry in a preheated deep fryer at 180°C until golden brown. Thawned product: 1-2 min. Frozen product: 4-5 min.
Airfryer : Bake in a preheated airfryer at 200°C until golden brown, turn once. Thawned product: 4-6 min. Frozen product: 6-8 min.

Categories

Latest innovations, Balls, Ingredients, Plant-based beef, Schouten's Classics, Snacks & appetizers, Gourmet, Wrap, Main course salad, 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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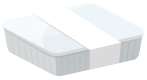
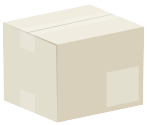
Packaging options



Consumer packaging
Chilled

Consumer box
Frozen

Foodservice box
2.5/3 kg | Frozen



Industry box
10 kg | Frozen