

Vegan Beetroot Rondo

Discover the delectable taste of our uncoated Rondo, with beetroot and a hint of fresh parsley. The coarse vegetables offer a delicious texture. This Rondo has its own identity and is minimally processed. This makes it a true Variation.

claims • This vegan Beetroot Rondo is based on chickpeas and red beets • Vegan • One vegan Rondo weighs about 65 grams • Source of fibre
based on calculated value

Ingredients

Vegetables (32% beetroot, onion), chickpeas, vegetable oils (sunflower, rapeseed in varying proportions), WHEAT flour, water, pea starch, fresh parsley, salt, cumin, spices, vinegar, preservative (potassium acetates), thickener (methyl cellulose), yeast.

Nutrition value

	100 gram	Per portion (65g)	RDI/GDA
Energy	906 kJ	589kJ	7
Energy	216 kcal	140kcal	7
Total fat	12g	7.8g	11
saturated fat	1.4g	0.9g	5
Carbohydrates	21g	14g	5
of which sugars	5.0g	3.3g	4
Fibres	4.0g	2.6g	
Proteins	4.6g	3.0g	6
Salt	1.4g	0.91g	15

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: 11-13 min. Frozen product: 17-19 min.

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

Deep frying : Fry in a preheated deep fryer at 180°C until golden brown. Thawned product: 2-3 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

[Burgers](#), [Schouten's Variations](#), [Vegan*](#), [Soy free](#), [Gourmet](#), [On a bun](#), [Meal component](#), [BBQ - Barbecue](#), [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, sulphite, celery, sesame, molluscs, almond, hazelnuts, walnuts, cashewnut, pecan, Brazil nut, pistachio, macadamia nut

May contain

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

Contains

Gluten containing grain, wheat

Packaging options



Consumer packaging
Chilled



Consumer box
Frozen



Foodservice box
2.5/3 kg | Frozen



Industry box
10 kg | Frozen

