

## 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