



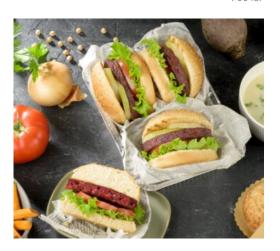
# **Vegan Beetroot Rondo**

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).

# 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

### **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

<sup>\*</sup> Recommended Daily Intake.

<sup>\*</sup>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.

# Packaging options



**Consumer packaging**Chilled



**Consumer box** Frozen



Foodservice box 2.5/3 kg | Frozen



**Industry box** 10 kg | Frozen