

Vegan Beetroot Rondo

This vegan Beetroot Rondo combines chickpeas, beetroot, onion, and parsley. It delivers a rich, earthy flavour and stands out with its striking colour. Ideal for anyone looking for a flavourful vegan option.

claims • This vegan Beetroot Rondo is based on chickpeas and beetroots • Vegan • One vegan Rondo weighs about 67 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. Thawed product: 11-13 min. Frozen product: 17-19 min.

Fry in pan : Heat oil in a pan and fry until golden brown, turn frequently. Thawed 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. Thawed product: 2-3 min. Frozen product: 4-5 min.

Airfryer : Bake in a preheated airfryer at 200°C until golden brown, turn once. Thawed 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

Zonder

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

Aanwezig

Gluten containing grain, wheat

Packaging options



Consumer packaging

Chilled



Consumer box

Frozen



Foodservice box

2.5/3 kg | Frozen



Industry box

10 kg | Frozen