

Vegan Chickenless Filet Pieces

Discover the future of plant-based enjoyment with vegan Chickenless Filet Pieces. This versatile, flavoursome option perfectly matches the growing demand for sustainable and tasty plant-based 'chicken' options.

claims • This vegan Chickenless Filet Pieces contains proteins from wheat and pea • Vegan • High protein • Source of fibre
based on calculated value

Ingredients

Water, 22% vegetable proteins (WHEAT, pea), vegetable oils (sunflower, rapeseed in varying proportions), thickeners (methyl cellulose, processed eucheuma seaweed, konjac), WHEAT flour, natural flavouring (contains WHEAT), vinegar, spices, potato starch, antioxidant (ascorbic acid).

Nutrition value

	100 gram	Per portion (100g)	RDI/GDA
Energy	843 kJ	843kJ	10
Energy	201 kcal	201kcal	10
Total fat	10g	10g	14
saturated fat	1.2g	1.2g	6
Carbohydrates	5.9g	5.9g	2
of which sugars	0.8g	0.8g	1
Fibres	5.5g	5.5g	
Proteins	19g	19g	38
Salt	1.1g	1.1g	18

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: 9-11 min. Frozen product: 11-13 min.

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

Airfryer : Bake in a preheated airfryer at 200°C until golden brown, turn once. Thawed product: 1-2 min. Frozen product: 2-4 min.

Categories

[Ingredients](#), [Plant-based Chicken](#), [Schouten's Classics](#), [Stir-Fry products](#), [Vegan*](#), [Soy free](#), [Gourmet](#), [Wrap](#), [On a bun](#), [Bake-off](#), [Pizza toppings](#), [Soupe](#), [Main course salad](#), [Meal component](#), [Bound salad](#), [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, egg, soy, fish, crustacean and shellfish, tree nuts, peanuts, sulphite, celery, sesame, lupine, mustard, molluscs, kamut, almond, hazelnuts, walnuts, cashewnut, pecan, Brazil nut, pistachio, macadamia nut

Contains

Gluten containing grain, wheat

May contain

Rye, barley, oat, spelt

Packaging options

				
Consumer packaging Chilled	Consumer box Frozen	Foodservice box 2.5/3 kg Frozen	Industry box 10 kg Frozen	