

## 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 •

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 eucheema 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	840 kJ	840kJ	10
Energy	201 kcal	201kcal	10
Total fat	10g	10g	14
saturated fat	1.2g	1.2g	6
Carbohydrates	5.8g	5.8g	2
of which sugars	1.2g	1.2g	1
Fibres	5.6g	5.6g	
Proteins	19g	19g	38
Salt	1.2g	1.2g	20

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

#### May contain

Milk, rye, barley, oat, spelt

#### Free from

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

Packaging options



**Consumer packaging**  
Chilled



**Consumer box**  
Frozen



**Foodservice box**  
2.5/3 kg | Frozen



**Industry box**  
10 kg | Frozen

