

## Vegan Classic Falafel

This Classic Falafel enchants with its luscious flavour and creamy texture. The Falafel is made from chickpeas enriched with an authentic blend of spices, including mild mint and coriander. Discover the versatility of this Classic Falafel!

**claims** • This vegan Classic Falafel is based on chickpeas • Vegan • One vegan Classic Falafel weighs 20 grams • Source of fibre  
*based on calculated value*

### Ingredients

45% chickpeas, vegetables (courgette, onion), WHEAT flour, vegetable oils (sunflower, rapeseed in varying proportions), fresh herbs (parsley, coriander, mint), potato starch, water, vinegar, cumin, spices, preservative (potassium acetates), salt, lemon juice, raising agent (sodium carbonates), yeast.

### Nutrition value

	100 gram	Per portion ( 100g)	RDI/GDA
Energy	931 kJ	931kJ	11
Energy	222 kcal	222kcal	11
Total fat	9.1g	9.1g	13
saturated fat	1.1g	1.1g	6
Carbohydrates	26g	26g	10
of which sugars	4.2g	4.2g	5
Fibres	4.3g	4.3g	
Proteins	6.7g	6.7g	13
Salt	0.98g	0.98g	16

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: 12-14 min. Frozen product: 16-18 min.

**Fry in pan** : Heat oil in a pan and fry until golden brown, turn frequently. Thawed product: 6-8 min, medium heat. Frozen product: 9-12 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: 4-5 min. Frozen product: 5-6 min.

### Categories

[Balls](#), [Falafel](#), [Ingredients](#), [Schouten's Variations](#), [Vegan\\*](#), [Soy free](#), [Ingredients](#), [Wrap](#), [On a bun](#), [Pizza toppings](#), [Main course salad](#), [Meal component](#), [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

