

## Vegan Classic Falafel

This falafel combines the soft texture of chickpeas with a refined blend of herbs such as mint and coriander. This vegan classic offers a creamy texture and a rich, familiar flavour loved by consumers worldwide.

**claims** • This vegan Classic Falafel is based on chickpeas • Vegan • One vegan Classic Falafel weighs about 20 grams • Source of protein • 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

#### Zonder

Milk, egg, soy, rye, fish, crustacean and shellfish, tree nuts, peanuts, sulphite, celery, sesame, lupine, mustard, molluscs, barley, oat, spelt, kamut, almond, hazelnuts, walnuts, cashewnut, pecan, Brazil nut, pistachio, macadamia nut

#### 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