

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!

Ingredients

43% chickpeas, vegetables (courgette, onion), **wheat** flour, vegetable oils (sunflower, rapeseed in varying proportions), water, fresh herbs (parsley, coriander, mint), cumin, spices, vinegar, potato starch, preservative (potassium acetates), salt, lemon juice, raising agent (sodium carbonates).



Nutrition value

	100 gram	Per portion (100g)	RDI/GDA
Energy	881 kJ	881kJ	11
Energy	210 kcal	210kcal	11
Fat	8.8g	8.8g	13
of which saturates	1.0g	1.0g	5
Carbohydrates	25g	25g	10
of which sugars	3.7g	3.7g	4
Fibres	3.5g	3.5g	
Proteins	6.5g	6.5g	13
Salt	1.0g	1.0g	17

Reference intake of an average adult (8400 kJ/2000 kcal).

* Recommended Daily Intake.

Method of preparation

Bake in oven : Oven: 16-17 minutes at 180°C.

Fry in pan : Frying pan: 20-21 minutes on medium heat. Turn every now and then.

Airfryer : Airfryer: 6-7 minutes at 200°C.

Categories

[Falafel](#), [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](#)

Allergens

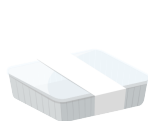
Free from

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

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