

## Vegan Coated Fishless Filet

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### Ingredients

Water, flour (**wheat**, rice), vegetable oils (corn, flaxseed, sunflower oil in varying proportions), hydrolysed rice protein, **wheat** fibre, natural flavouring, thickeners (methyl cellulose, sodium alginate, xanthan gum, guar gum), lemon juice, preservative (potassium acetate), salt, sea salt.



### Nutrition value

	100 gram	Per portion (120 gram)	RDI/GDA
Energy	847 kJ/202 kcal	1016 kJ/242 kcal	12.0%
Total fat	10.1 gram	12.1 gram	17.0%
Saturated fat	1.3 gram	1.6 gram	8.0%
Carbohydrates	18.7 gram	22.4 gram	9.0%
Of which sugars	1.1 gram	1.3 gram	1.0%
Vezels	5.8 gram	7.0 gram	
Proteins	6.4 gram	7.7 gram	15.0%
Salt	1.0 gram	1.2 gram	19.0%

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

\* Recommended Daily Intake.

### Method of preparation

**Fry in pan:** Frying pan: 5-6 minutes on medium heat. Turn every now and then.

**Deep frying:** Deep fryer: 2-3 minutes at 180°C.

**Airfryer:** Airfryer: 5-6 minutes at 200°C.

### Categories

[Burgers](#), [Plant-based Fish](#), [Schnitzels](#), [Schouten's Classics](#), [Vegan](#), [Without palm oil](#), [On a bun](#), [Industry](#), [Out of home](#), [Retail](#)

### Allergens

#### Free from

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

#### May contain

Soy, rye, barley

#### 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