

Vegan Coated Fishless Filet

A fillet with a golden-brown, crispy breadcrumb coating and a familiar fish-like texture. The perfect choice for a modern twist on classic fish & chips and widely applicable across various menu concepts.

claims • This breaded fillet is rice-based • Vegan • There is no soy in the recipe • The vegan Coated Fishless Filet weighs about 120 grams* • Source of protein • Source of fibre
based on calculated value

Ingredients

Water, flour (**wheat**, 6% rice), vegetable oils (sunflower, flaxseed, rapeseed 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 (120g) | RDI/GDA |
|-----------------|----------|--------------------|---------|
| Energy | 848 kJ | 1018kJ | 12 |
| Energy | 203 kcal | 244kcal | 12 |
| Total fat | 10g | 12g | 17 |
| saturated fat | 1.2g | 1.4g | 7 |
| Carbohydrates | 19g | 23g | 9 |
| of which sugars | 1.1g | 1.3g | 1 |
| Fibres | 5.9g | 7.1g | |
| Proteins | 6.4g | 7.7g | 15 |
| Salt | 0.96g | 1.2g | 19 |

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

[Plant-based Fish](#), [Schnitzels](#), [Schouten's Classics](#), [Vegan*](#), [On a bun](#), [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, 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

Aanwezig

Gluten containing grain, wheat

May contain

Rye, barley

Packaging options



Consumer packaging

Chilled



Consumer box

Frozen



Foodservice box

2.5/3 kg | Frozen



Industry box

10 kg | Frozen