

## 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