

Vegan Crispy Chickenless Nuggets

These nuggets deliver the taste and texture of classic chicken nuggets — 100% plant-based. With their crispy coating and savoury bite, they are loved by both vegans and flexitarians.

claims • Vegan • One vegan Crispy Chickenless Nuggets weighs about 20 grams • Source of fibre

based on calculated value

Ingredients

Water, flour (14% maize, WHEAT), vegetable oils (sunflower, rapeseed in varying proportions), 5% WHEAT protein, onion, WHEAT fibre, pea starch, natural flavouring, thickener (methyl cellulose), vinegar, salt, preservative (potassium acetate), spices, lemon juice, sea salt, BARLEY malt extract, yeast.

Nutrition value

	100 gram	Per portion (100g)	RDI/GDA
Energy	900 kJ	900kJ	11
Energy	215 kcal	215kcal	11
Total fat	11g	11g	16
saturated fat	1.2g	1.2g	6
Carbohydrates	22g	22g	8
of which sugars	0.7g	0.7g	1
Fibres	4.2g	4.2g	
Proteins	6.3g	6.3g	13
Salt	0.93g	0.93g	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 210°C (hot air) until golden brown, turn once. Thawed product: 8-10 min. Frozen product: 11-13 min.

Fry in pan : Heat oil in a pan and fry until golden brown, turn frequently. Thawed product: 2-4 min, high heat. Frozen product: 4-6 min, high heat.

Deep frying : Fry in a preheated deep fryer at 180°C until golden brown. Thawed product: 2-3 min. Frozen product: 3-4 min.

Airfryer : Bake in a preheated airfryer at 200°C until golden brown, turn once. Thawed product: 3-5 min. Frozen product: 4-6 min.

Categories

[Plant-based Chicken](#), [Schouten's Classics](#), [Snacks](#), [Vegan*](#), [Soy free](#), [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, fish, crustacean and shellfish, tree nuts, peanuts, sulphite, celery, sesame, lupine, mustard, molluscs, spelt, kamut, almond, hazelnuts, walnuts, cashewnut, pecan, Brazil nut, pistachio, macadamia nut

Aanwezig

Gluten containing grain, wheat, barley

May contain

Rye, oat

Packaging options



Consumer packaging

Chilled



Consumer box

Frozen



Foodservice box

2.5/3 kg | Frozen



Industry box

10 kg | Frozen