

Vegan Crunchy Chickenless Schnitzel

Preheated and breaded vegan crunchy schnitzel based on vegetable proteins.

Ingredients

water, flour (maize, **wheat**), sunflower oil, 11% vegetable protein (**soya** protein isolate, **soya**, **wheat** gluten, pea), onion, **wheat fibre**, vinegar, **wheat starch**, stabiliser (methyl cellulose), natural flavouring, salt, buffered vinegar powder (preserving ingredient), rice, dried vegetables (onion, garlic), lemon juice, **barley malt extract**, spices



Nutrition value

	100 gram	Per portion (100 gram)	RDI/GDA
Energy	1014 kJ/242 kcal	1014 kJ/242 kcal	12.0%
Total fat	11.8 gram	11.8 gram	17.0%
Saturated fat	1.4 gram	1.4 gram	7.0%
Monounsaturated fat	3.2 gram	3.2 gram	
Polyunsaturated fat	7.2 gram	7.2 gram	
Carbohydrates	20.8 gram	20.8 gram	8.0%
Of which sugars	0.9 gram	0.9 gram	1.0%
Fibres	3.3 gram	3.3 gram	
Proteins	11.6 gram	11.6 gram	23.0%
Salt	1.1 gram	1.1 gram	18.0%

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

* Recommended Daily Intake.

Method of preparation

Bake in oven: Oven: 12-14 minutes at 180°C. Turn once.

Fry in pan: Frying pan: 6-8 minutes on medium heat. Turn every now and then.

Categories

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

Allergens

May contain

Milk, rye, celery, sesame, mustard, oat, spelt

Free from

Egg, fish, crustacean and shellfish, tree nuts, peanuts, sulphite, lupine, molluscs, kamut, almond, hazelnuts, walnuts, cashewnut, pecan, Brazil nut, pistachio, macadamia nut

Contains

Soy, gluten containing grain, wheat, barley