schouten specialist in plant-based protein

NUTRI-SCORE A B C D E

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# Vegan Crunchy Chickenless Schnitzel



This flavourful schnitzel has a crispy coating of cornflakes and a beautiful white texture. Vegan schnitzels are a good entry point for the novice flexitarian. But even the experienced vegan likes to fall back on this classic.

**claims** • This vegan Crunchy Chickenless Schnitzel contains proteins from soy, wheat and pea • Vegan • One vegan Schnitzel weighs 100 grams • Source of protein • Source of fibre • High in iron • Source of vitamin B12

*based on calculated value*

## Ingredients

Water, flour (maize, WHEAT), vegetable oils (sunflower, rapeseed in varying proportions), 11% vegetable protein (SOY, WHEAT, pea), onion, WHEAT fibre, natural flavouring, vinegar, WHEAT starch, thickener (methyl cellulose), preservative (potassium acetates), spices, salt, lemon juice, BARLEY malt extract, sea salt, iron, vitamin B12.

## Nutrition value

| | 100 gram | Per portion ( 100g) | RDI/GDA |
|---|---|---|---|
| Energy | 1021 kJ | 1021kJ | 12 |
| Energy | 244 kcal | 244kcal | 12 |
| Total fat | 12g | 12g | 17 |
| saturated fat | 1.4g | 1.4g | 7 |
| Carbohydrates | 21g | 21g | 8 |
| of which sugars | 0.9g | 0.9g | 1 |
| Fibres | 3.5g | 3.5g | |
| Proteins | 12g | 12g | 24 |
| Salt | 1.1g | 1.1g | 18 |
| iron | 8.40mg | 8.40mg | |
| vitamin B12 | 0.53mcg | 0.50mcg | |

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. Thawned product: 10-12 min. Frozen product: 15-17 min.

**Fry in pan** : Heat oil in a pan and fry until golden brown, turn frequently. Thawned product: 3-5 min, high heat. Frozen product: 6-8 min, high heat.

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

**Airfryer** : Bake in a preheated airfryer at 200°C until golden brown, turn once. Thawned product: 6-8 min. Frozen product: 8-10 min.

## Categories

Plant-based chicken, Schnitzels, Schouten's Classics, Vegan*, On a bun , 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, rye, fish, crustacean and shellfish, tree nuts, peanuts, sulphite, celery, sesame, lupine, mustard, molluscs, oat, kamut, almond, hazelnuts, walnuts, cashewnut, pecan, Brazil nut, pistachio, macadamia nut

**Aanwezig**

Soy, gluten containing grain, wheat, barley

**May contain**

Spelt

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