

Vegan Crunchy Nuggets

Deliciously crunchy, plant-based nuggets with plenty of spices. These crunchy nuggets are 100% plant-based and combine soy and pea with a rich blend of spices for a high-quality taste experience, perfect for vegans and flexitarians.

claims • This vegan falafel is chickpea-based • Vegan • One vegan Nugget weighs 20 grams • Source of fibre • High in iron • Source of vitamin B12

based on calculated value

Ingredients

Water, flour (maize, WHEAT), 16% vegetable protein (SOY, WHEAT, pea), vegetable oils (sunflower, rapeseed in varying proportions), starch (potato, WHEAT), spices, thickener (methyl cellulose), natural flavouring, preservative (potassium acetates), salt, WHEAT fibre, vinegar, lemon juice, potassium chloride, BARLEY malt extract, Iron, vitamin B12.

Nutrition value

	100 gram	Per portion (20g)	RDI/GDA
Energy	962 kJ	192kJ	2
Energy	230 kcal	46kcal	2
Total fat	9.0g	1.8g	3
saturated fat	1.1g	0.2g	1
Carbohydrates	21g	4.2g	2
of which sugars	0.6g	0.1g	
Fibres	4.3g	0.9g	
Proteins	14g	2.8g	6
Salt	1.2g	0.24g	4
iron	8.79mg	1.80mg	
vitamin B12	0.53mcg	0.10mcg	

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 180°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: 7-9 min, medium 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: 4-6 min. Frozen product: 5-7 min.

Categories

[Plant-based Chicken](#), [Schouten's Classics](#), [Snacks](#), [Vegan*](#), [Gourmet](#), [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

Free from

Milk, egg, 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

Contains

Soy, gluten containing grain, wheat, barley

May contain

Rye

Packaging options



Consumer packaging
Chilled



Consumer box
Frozen



Foodservice box
2.5/3 kg | Frozen



Industry box
10 kg | Frozen