

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.

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	984 kJ	197kJ	2
Energy	235 kcal	47kcal	2
Fat	9.0g	1.8g	3
of which saturates	1.1g	0.2g	1
Carbohydrates	22g	4.4g	2
of which sugars	0.5g	0.1g	
Fibres	4.3g	0.9g	
Proteins	14g	2.8g	6
Salt	1.2g	0.24g	4
iron	8.44mg	1.70mg	
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 : 8-10 minutes at 180°C. Turn once.

Fry in pan : 8-10 minutes on medium heat. Turn every now and then.

Deep frying : 2-3 minutes at 180°C.

Airfryer : Airfryer: 4-6 minutes at 200°C.

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

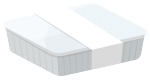
Contains

Soy, gluten containing grain, wheat, barley

May contain

Rye

Packaging options



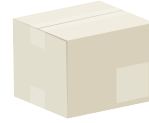
Consumer packaging
Chilled



Consumer box
Frozen



Foodservice box
2.5/3 kg | Frozen



Industry box
10 kg | Frozen