

Vegan Falafel

Preheated vegan Falafel based on chickpeas.

Ingredients

50% chickpeas, water, vegetables (onion, courgette, carrot), sunflower oil, **wheat flour**, fresh herbs (parsley, coriander), herbs and spices, salt, vinegar, thickener (methyl cellulose), **wheat protein**

Produced in a facility that processes peanuts and nuts.



Nutrition value

	100 gram	Per portion (85 gram)	RDI/GDA
Energy	683 kJ/163 kcal	581 kJ/139 kcal	7.0%
Proteins	6.6 gram	5.6 gram	11.0%
Carbohydrates	17.4 gram	14.8 gram	6.0%
Of which sugars	2.1 gram	1.8 gram	2.0%
Total fat	5.6 gram	4.8 gram	7.0%
Saturated fat	1.2 gram	1.0 gram	5.0%
Monounsaturated fat	2.1 gram	1.8 gram	
Polyunsaturated fat	2.0 gram	1.7 gram	
Fibres	8.5 gram	7.2 gram	
Salt	1.6 gram	1.3 gram	22.0%

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

* Recommended Daily Intake.

Method of preparation

Bake in oven: 14-16 minutes at 180°C. Turn once.

Fry in pan: 14-16 minutes on medium heat. Stir every now and then.

Categories

[Balls](#), [Ingredients](#), [Schouten's Variations](#), [Snacks](#), [Soy free](#), [Vegan](#), [Without palm oil](#), [Bake-off](#), [Gourmet](#), [Main course salad](#), [Meal component](#), [On a bun](#), [Pizza toppings](#), [Wrap](#), [Industry](#), [Out of home](#), [Retail](#)

Allergens

Bevat niet

Milk, egg, soy, rye, fish, crustacean and shellfish, sulphite, celery, sesame, lupine, mustard, molluscs, barley, oat, spelt, kamut, hazelnuts, walnuts

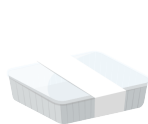
Contains

Gluten containing grain, wheat

Kan bevatten

Tree nuts, peanuts, almond, cashewnut, pecan, Brazil nut, pistachio, macadamia nut

Packaging options



Consumer packaging

Chilled



Consumer box

Frozen



Foodservice box

2.5/3 kg | Frozen



Industry box

10 kg | Frozen