

Vegan Falafel

Discover our delicious vegan Falafel with Oriental spices and a hint of sweetness. A crunchy, creamy treat! Surprise your customers. Enrich your range with this trendsetting, 100% plant-based option.

claims • This vegan falafel is chickpea-based • Vegan • One vegan Falafel weighs 17 grams • Source of protein • High fibre
based on calculated value

Ingredients

50% chickpeas, water, vegetables (onion, carrot, courgette), WHEAT flour, vegetable oils (sunflower, rapeseed in varying proportions), fresh herbs (parsley, coriander), spices, thickener (methyl cellulose), vinegar, salt, preservative (potassium acetates), natural flavouring (contains WHEAT), bay leaf, yeast.

Nutrition value

	100 gram	Per portion (85g)	RDI/GDA
Energy	695 kJ	591kJ	7
Energy	166 kcal	141kcal	7
Total fat	4.5g	3.8g	5
saturated fat	0.7g	0.6g	3
Carbohydrates	22g	19g	7
of which sugars	3.7g	3.1g	4
Fibres	6.3g	5.4g	
Proteins	6.2g	5.3g	11
Salt	0.97g	0.82g	14

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: 11-13 min. Frozen product: 16-18 min.

Fry in pan : Heat oil in a pan and fry until golden brown, turn frequently. Thawed product: 4-6 min, medium heat. Frozen product: 10-12 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: 7-9 min.

Categories

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**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, soy, rye, fish, crustacean and shellfish, tree nuts, peanuts, sulphite, celery, sesame, lupine, mustard, molluscs, barley, oat, spelt, kamut, almond, hazelnuts, walnuts, cashewnut, pecan, Brazil nut, pistachio, macadamia nut

Contains

Gluten containing grain, wheat

Packaging options

				
Consumer packaging Chilled	Consumer box Frozen	Foodservice box 2.5/3 kg Frozen	Industry box 10 kg Frozen	