schouten specialist in plant-based protein

NUTRI-SCORE A B C D E

P00520

Vegan Falafel Balls

This falafel combines the soft texture of chickpeas with a refined blend of herbs such as mint and coriander. This vegan classic offers a creamy texture and a rich, familiar flavour loved by consumers worldwide.

claims • These Vegan Falafel Balls are based on chickpeas • Vegan • Source of protein • Source of fibre

based on calculated value

Ingredients

52% chickpeas, vegetables (courgette, onion), water, sunflower oil, WHEAT flour, fresh parsley, spices, pea starch, lemon juice, salt, raising agent (sodium carbonates).

Nutrition value

	100 gram	Per portion (85g)	RDI/GDA
Energy	866 kJ	736kJ	9
Energy	207 kcal	176kcal	9
Total fat	8.7g	7.4g	11
saturated fat	1.2g	1.0g	5
Carbohydrates	23g	20g	8
of which sugars	3.9g	3.3g	4
Fibres	5.3g	4.5g	
Proteins	6.4g	5.4g	11
Salt	0.89g	0.76g	13

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. Thawned product: 11-13 min. Frozen product: 15-17 min.

Fry in pan : Heat oil in a pan and fry until golden brown, turn frequently. Thawned product: 6-8 min, medium heat. Frozen product: 10-12 min, medium 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: 5-7 min. Frozen product: 6-8 min.

Categories

Balls, Falafel, Ingredients, Schouten's Variations, Vegan*, Soy free, Ingredients, Wrap, On a bun, Bake-off, Pizza toppings, Main course salad, 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, 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

Aanwezig

Gluten containing grain, wheat

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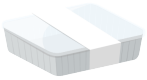
www.schoutenfood.com · CoC 18059439 · VAT NL 8088 878 41 B01

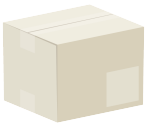
Packaging options



Consumer packaging
Chilled

Consumer box
Frozen

Foodservice box
2.5/3 kg | Frozen



Industry box
10 kg | Frozen