

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

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

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

Packaging options



Consumer packaging

Chilled



Consumer box

Frozen



Foodservice box

2.5/3 kg | Frozen



Industry box

10 kg | Frozen