

## Vegan Falafel Balls

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 16 grams •

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

#### 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