

## 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 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	4.0g	3.4g	4
Fibres	5.2g	4.4g	
Proteins	6.3g	5.4g	11
Salt	0.90g	0.77g	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

[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, fish, crustacean and shellfish, tree nuts, peanuts, sulphite, celery, sesame, lupine, molluscs, oat, kamut, almond, hazelnuts, walnuts, cashewnut, pecan, Brazil nut, pistachio, macadamia nut

#### Contains

Gluten containing grain, wheat

#### May contain

Rye, mustard, barley, spelt

Packaging options



**Consumer packaging**  
Chilled



**Consumer box**  
Frozen



**Foodservice box**  
2.5/3 kg | Frozen



**Industry box**  
10 kg | Frozen

