

## Vegan Falafel Beetroot

Falafel Beetroot brings colour and character. This vegan falafel combines chickpeas with beetroot and warm spices such as cumin, turmeric and cinnamon. The beetroot adds a soft, earthy taste and an appealing colour.

**claims** • Source of protein • Source of fibre

*based on calculated value*

### Ingredients

38% chickpeas, vegetables (24% beetroot, onion), WHEAT flour, vegetable oils (sunflower, rapeseed in varying proportions), fresh herbs (parsley, coriander, mint), starch (pea, potato), cumin, paprika powder, spices, vinegar, preservative (potassium acetates), salt, ginger puree, raising agent (sodium carbonates), 0,1% beet root juice, yeast, water.



### Nutrition value

100 gram	
Energy	764 kJ
Energy	182 kcal
Total fat	6.8g
saturated fat	1.5g
Carbohydrates	22g
of which sugars	4.3g
Fibres	4.2g
Proteins	6.1g
Salt	1.1g

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: 15-17 min. Frozen product: 18-20 min.

**Fry in pan** : Heat oil in a pan and fry until golden brown, turn frequently. Thawned product: 11-13 min, medium heat. Frozen product: 18-20 min, medium heat.

**Airfryer** : Bake in a preheated airfryer at 200°C until golden brown, turn once. Thawned product: 6-8 min. Frozen product: 8-10 min.

### Categories

[Balls](#), [Falafel](#), [Vegan\\*](#), [Soy free](#), [Ingredients](#), [Gourmet](#), [Wrap](#), [On a bun](#), [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

## Packaging options



**Consumer packaging**

Chilled



**Consumer box**

Frozen



**Foodservice box**

2.5/3 kg | Frozen



**Industry box**

10 kg | Frozen