

Vegan Falafel Beetroot

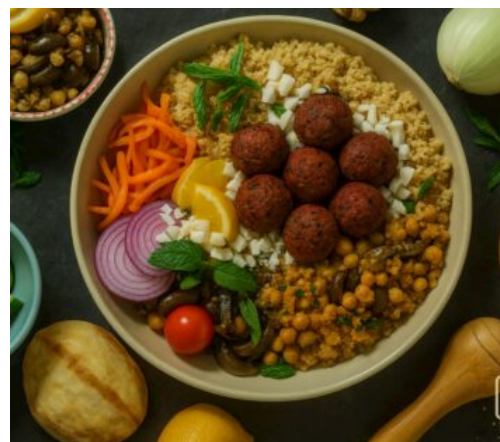
Falafel Beetroot brings colour and character. This vegan falafel combines chickpeas with beetroot and warm spices such as cumin, turmeric and cinnamon. The beetroot adds a soft, earthy taste and an appealing colour.

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

Fry in pan : Heat oil in a pan and fry until golden brown, turn frequently. Thawed 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. Thawed 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

