

## Vegan Falafel Burger

This burger is a perfect blend of chickpeas, vegetables and spices, with a crispy quinoa coating. The perfect choice for consumers looking for tasty, plant-based alternatives. Delicious for in salads, wraps and buddha bowls.

**claims** • This vegan Falafel Burger is chickpea-based • Vegan • One vegan Falafel Burger weighs 90 grams • Source of fibre  
*based on calculated value*

### Ingredients

34% chickpea, water, vegetables (carrot, courgette, onion), WHEAT flour, vegetable oils (sunflower, rapeseed in varying proportions), fresh herbs (parsley, coriander), spices, salt, rice, thickener (methyl cellulose), lemon juice, quinoa, parsley, yeast, raising agent (sodium carbonates), colour (curcumin).

### Nutrition value

|                 | 100 gram | Per portion ( 90g) | RDI/GDA |
|-----------------|----------|--------------------|---------|
| Energy          | 856 kJ   | 770kJ              | 9       |
| Energy          | 204 kcal | 184kcal            | 9       |
| Total fat       | 8.2g     | 7.4g               | 11      |
| saturated fat   | 1.0g     | 0.9g               | 5       |
| Carbohydrates   | 25g      | 23g                | 9       |
| of which sugars | 3.3g     | 3.0g               | 3       |
| Fibres          | 5.0g     | 4.5g               |         |
| Proteins        | 5.7g     | 5.1g               | 10      |
| Salt            | 1.3g     | 1.2g               | 20      |

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: 6-8 min, medium heat. Frozen product: 11-13 min, medium heat.

**Deep frying** : Fry in a preheated deep fryer at 180°C until golden brown. Thawed product: 3-4 min. Frozen product: 5-7 min.

**Airfryer** : Bake in a preheated airfryer at 200°C until golden brown, turn once. Thawed product: 7-9 min. Frozen product: 10-12 min.

### Categories

[Burgers](#), [Falafel](#), [Schouten's Variations](#), [Vegan\\*](#), [Soy free](#), [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, 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

#### May contain

Rye

## Packaging options



**Consumer packaging**

Chilled



**Consumer box**

Frozen



**Foodservice box**

2.5/3 kg | Frozen



**Industry box**

10 kg | Frozen