

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

Free from

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

May contain

Egg, soy, rye, lupine, mustard, barley, oat, spelt, kamut

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	