

Vegan Falafel Fresh Herbs

A flavourful vegan falafel made from chickpeas, enriched with parsley, coriander, and other fresh herbs. Each bite delivers a distinctive character, making it a recognisable favourite within plant-based ranges.

claims • This vegan Falafel Fresh Herbs is based on chickpeas • Vegan • One vegan Falafel weighs about 11.5 grams • Source of protein • Source of fibre

based on calculated value

Ingredients

60% chickpea, vegetables (courgette, onion, carrot), 9% fresh herbs (coriander, parsley), vegetable oils (sunflower, rapeseed in varying proportions), **wheat** flour, water, salt, psyllium, spices, vinegar.

Nutrition value

	100 gram	Per portion (57.5g)	RDI/GDA
Energy	854 kJ	491kJ	6
Energy	204 kcal	117kcal	6
Total fat	7.2g	4.1g	6
saturated fat	0.8g	0.5g	2
Carbohydrates	25g	14g	6
of which sugars	4.2g	2.4g	3
Fibres	5.3g	3.0g	
Proteins	7.4g	4.3g	9
Salt	1.4g	0.81g	13

Reference intake of an average adult (8400 kJ/2000 kcal).

* Recommended Daily Intake.



Method of preparation

Bake in oven : 8 minutes at 180°C. Turn once.

Fry in pan : 13-15 minutes on medium heat. Turn every now and then.

Deep frying : 2 minutes at 180°C.

Categories

[Balls](#), [Falafel](#), [Ingredients](#), [Schouten's Variations](#), [Snacks](#), [Vegan*](#), [Soy free](#), [Wrap](#), [On a bun](#), [Main course salad](#), [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, lupine, molluscs, barley, oat, spelt, kamut, almond, hazelnuts, walnuts, cashewnut, pecan, Brazil nut, pistachio, macadamia nut

Aanwezig

Gluten containing grain, wheat

May contain

Sesame, mustard

Packaging options



Consumer packaging
Chilled



Consumer box
Frozen



Foodservice box
2.5/3 kg | Frozen



Industry box
10 kg | Frozen

