

Vegan Falafel Green Pea & Mint

This falafel has a light, fresh flavour thanks to the peas, mint and parsley. The combination with chickpeas, onion and spices such as cumin, ginger and black pepper gives it a rich flavour.

claims • Source of protein • Source of fibre

based on calculated value

Ingredients

Vegetables (45% green peas, onion), 16% chickpeas, vegetable oils (sunflower, rapeseed in varying proportions), WHEAT flour, fresh herbs (parsley, 1,6% mint, coriander), starch (potato, pea), cumin, spices, vinegar, salt, preservative (potassium acetates), raising agent (sodium carbonates), yeast, water.



Nutrition value

	100 gram	Per portion (100g)	RDI/GDA
Energy	675 kJ	675kJ	8
Energy	161 kcal	161kcal	8
Total fat	8.0g	8.0g	11
saturated fat	1.3g	1.3g	7
Carbohydrates	15g	15g	6
of which sugars	3.0g	3.0g	3
Fibres	3.9g	3.9g	
Proteins	5.4g	5.4g	11
Salt	1.1g	1.1g	18

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.

Deep frying : Fry in a preheated deep fryer at 180°C until golden brown. Thawed product: 5-6 min. Frozen product: 6-7 min.

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