

Vegan Quinoa 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.

Ingredients

39% chickpea, water, **wheat** flour, vegetables (onion, carrot, courgette), vegetable oils (sunflower, rapeseed in varying proportions), fresh herbs (parsley, coriander), spices, salt, rice, thickener (methyl cellulose), 0,8% quinoa, vinegar, preservative (potassium acetates), natural flavouring (**wheat**), herbs, yeast, colour (curcumin).



Nutrition value

	100 gram	Per portion (80g)	RDI/GDA
Energy	876 kJ	701kJ	8
Energy	209 kcal	167kcal	8
Fat	7.6g	6.1g	9
of which saturates	0.9g	0.7g	4
Carbohydrates	26g	21g	8
of which sugars	3.2g	2.6g	3
Fibres	5.0g	4.0g	
Proteins	6.4g	5.1g	10
Salt	1.3g	1.0g	17

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 : 4-6 minutes on a low heat. Turn every now and then.

Categories

[Burgers](#), [Schouten's Variations](#), [Vegan](#), [Soy free](#), [On a bun](#), [Meal component](#), [Industry](#), [Out of home](#), [Retail](#)

Allergens

Free from

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

Contains

Gluten containing grain, wheat

Kan bevatten

Rye, barley, spelt, kamut