schouten specialist in plant-based protein

NUTRI-SCORE C

P00279

Vegan Falafel Quinoa 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 Quinoa Burger is chickpea-based • Vegan • One vegan Falafel Quinoa Burger weighs 80 grams • Source of protein • Source of fibre

based on calculated value

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 (contains **wheat**), herbs, yeast, colour (curcumin).

Nutrition value

	100 gram	Per portion (80g)	RDI/GDA
Energy	876 kJ	701kJ	8
Energy	209 kcal	167kcal	8
Total fat	7.6g	6.1g	9
saturated fat	0.9g	0.7g	4
Carbohydrates	26g	21g	8
of which sugars	3.3g	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

**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, oat, almond, hazelnuts, walnuts, cashewnut, pecan, Brazil nut, pistachio, macadamia nut

Aanwezig
Gluten containing grain, wheat

May contain
Rye, barley, spelt, kamut

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