

## Vegan Filet

The possibilities with this Vegan Filet are endless, as it is widely applicable just like a chicken fillet, but without negative consequences. This Vegan Filet is the 2.0 version of our vegetarian Filet. Now vegan and even more beautiful white in colour.

**claims** • Vegan • This Vegan Filet contains proteins from wheat, soy and pea • One Vegan Filet weighs 80 grams • High protein • High fibre

*based on calculated value*

### Ingredients

Water, 11% vegetable protein (WHEAT, SOY, pea), vegetable oils (sunflower, rapeseed in varying proportions), WHEAT flour, fibers (bamboo, WHEAT, citrus), natural flavouring, thickener (methyl cellulose), WHEAT starch, vinegar, sea salt, preservative (potassium acetates), spices, salt, yeast.

### Nutrition value

	100 gram	Per portion ( 80g)	RDI/GDA
Energy	697 kJ	558kJ	7
Energy	167 kcal	134kcal	7
Total fat	10g	8.0g	11
saturated fat	1.3g	1.0g	5
Carbohydrates	6.2g	5.0g	2
of which sugars	0.4g	0.3g	
Fibres	7.1g	5.7g	
Proteins	10g	8.0g	16
Salt	1.1g	0.88g	15

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

\* Recommended Daily Intake.



### Method of preparation

**Fry in pan** : Heat oil in a pan and fry until golden brown, turn frequently. Thawed product: 5-7 min, medium heat. Frozen product: 11-13 min, medium heat.

### Categories

[Plant-based Chicken](#), [Schnitzels](#), [Schouten's Classics](#), [Vegan\\*](#), [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, 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

Soy, gluten containing grain, wheat

### Packaging options



#### Consumer packaging

Chilled



#### Consumer box

Frozen



#### Foodservice box

2.5/3 kg | Frozen



#### Industry box

10 kg | Frozen