

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.

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.



Nutrition value

	100 gram	Per portion (80g)	RDI/GDA
Energy	697 kJ	558kJ	7
Energy	167 kcal	134kcal	7
Fat	10g	8.0g	11
of which saturates	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

Bake in oven : Oven: 14-15 minutes at 180 °C.

Fry in pan : Frying pan: 9-10 minutes on a medium heat.

Airfryer : Airfryer: 5-6 minutes at 200°C.

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

Free from

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

Contains

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