

Vegan Fishless Stick

Gepaneerde en voorgegaarde veganistische stick op basis van rijst.

Ingredients

water, 30% rice, **wheat flour**, vegetable oils (sunflower, flaxseed), hydrolysed rice protein, **wheat fibre**, natural flavouring, thickeners (methyl cellulose, xanthan gum, guar gum), salt, lemon juice, buffered vinegar powder (preserving ingredient), spices



Nutrition value

	100 gram	Per portion (35 g)
Energy	729 kJ/174 kcal	255 kJ/61 kcal
Total fat	6.4 g	2.2 g
Saturated fat	0.8 g	0.3 g
Monounsaturated fat	1.5 g	0.5 g
Polyunsaturated fat	3.9 g	1.4 g
Carbohydrates	19.5 g	6.8 g
Of which sugars	1.4 g	0.5 g
Vezels	5.1 g	1.8 g
Proteins	6.3 g	2.2 g
Salt	1.2 g	0.4 g

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

* Recommended Daily Intake.

Method of preparation

Bake in oven : 14-16 minutes at 180°C. Turn once.

Fry in pan : 8-10 minutes on medium heat. Turn every now and then.

Airfryer : 4-6 minutes at 200°C.

Categories

[Plant-based Fish](#), [Schouten's Classics](#), [Snacks](#), [Vegan](#), [Without palm oil](#), [Soy free](#), [On a bun](#), [Meal component](#), [Industry](#), [Out of home](#), [Retail](#)

Allergens

Free from

Milk, egg, soy, rye, fish, crustacean and shellfish, sulphite, celery, sesame, lupine, mustard, molluscs, barley, oat, spelt, kamut, hazelnuts, walnuts

Contains

Gluten containing grain, wheat

May contain

Tree nuts, peanuts, almond, cashewnut, pecan, Brazil nut, pistachio, macadamia nut

Packaging options



Consumer packaging

Chilled



Consumer box

Frozen



Foodservice box

2.5/3 kg | Frozen



Industry box

10 kg | Frozen