schouten specialist in plant-based protein

NUTRI-SCORE A B C D E

P00285

Vegan Fishless Stick

These sticks deliver the familiar experience of classic fish sticks — fully plant-based. These crispy sticks are rice-based and carefully seasoned for a mild, accessible flavour that fits every menu.

claims • These Fishless Stick are rice-based • Vegan • One vegan Stick without Fish weighs about 35 grams • Source of Omega-3 fatty acids. • Source of protein • High fibre

based on calculated value

Ingredients

Water, flour (WHEAT, 7% rice), vegetable oils (sunflower, flaxseed, rapeseed in varying proportions), 4% rice protein, WHEAT fibre, natural flavouring, thickeners (methyl cellulose, sodium alginate, xanthan gum, guar gum), preservative (potassium acetate), vinegar, salt, lemon juice, sea salt, spices, yeast.

Nutrition value

	100 gram	Per portion (35g)	RDI/GDA
Energy	764 kJ	267kJ	3
Energy	178 kcal	62kcal	3
Total fat	6.5g	2.3g	3
saturated fat	0.8g	0.3g	1
Carbohydrates	20g	7.0g	3
of which sugars	1.3g	0.5g	1
Fibres	6.1g	2.1g	
Proteins	6.5g	2.3g	5
Salt	1.1g	0.39g	6

Reference intake of an average adult (8400 kJ/2000 kcal).
* Recommended Daily Intake.

Method of preparation

Bake in oven : Bake in a preheated oven at 210°C (hot air) until golden brown, turn once. Thawned product: 9-11 min. Frozen product: 11-13 min.
Fry in pan : Heat oil in a pan and fry until golden brown, turn frequently. Thawned product: 3-5 min, medium heat. Frozen product: 5-7 min, medium heat.
Deep frying : Fry in a preheated deep fryer at 180°C until golden brown. Thawned product: 1-2 min. Frozen product: 3-4 min.
Airfryer : Bake in a preheated airfryer at 200°C until golden brown, turn once. Thawned product: 3-5 min. Frozen product: 5-6 min.

Categories

Plant-based Fish, Schouten's Classics, Snacks, 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, barley, oat, spelt, kamut, almond, hazelnuts, walnuts, cashewnut, pecan, Brazil nut, pistachio, macadamia nut

Aanwezig
Gluten containing grain, wheat

May contain
Rye

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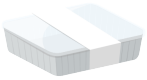
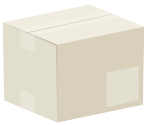
Packaging options



Consumer packaging
Chilled

Consumer box
Frozen

Foodservice box
2.5/3 kg | Frozen



Industry box
10 kg | Frozen