

Vegan Fishless Stick

Vegan Fishless Sticks: a revolutionary vegan alternative to fish fingers. Ideal for retail and food service. Rice-based and enriched with flaxseed oil. Capitalise on the trend of vegan snacking and discover the endless possibilities!

claims • These Fishless Stick are rice-based • Vegan • One vegan Stick without Fish weighs 30 grams • 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	848 kJ	297kJ	4
Energy	202 kcal	71kcal	4
Total fat	12g	4.2g	6
saturated fat	1.9g	0.7g	3
Carbohydrates	17g	6.0g	2
of which sugars	1.7g	0.6g	1
Fibres	6.3g	2.2g	
Proteins	6.6g	2.3g	5
Salt	1.2g	0.42g	7

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. Thawed product: 9-11 min. Frozen product: 11-13 min.

Fry in pan : Heat oil in a pan and fry until golden brown, turn frequently. Thawed 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. Thawed product: 1-2 min. Frozen product: 3-4 min.

Airfryer : Bake in a preheated airfryer at 200°C until golden brown, turn once. Thawed 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

May contain

Milk, egg, rye, fish

Free from

Soy, 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

Gluten containing grain, wheat

Packaging options



Consumer packaging
Chilled



Consumer box
Frozen



Foodservice box
2.5/3 kg | Frozen



Industry box
10 kg | Frozen

