

Vegan Hamburger

Preheated vegan burger based on vegetable proteins.

Ingredients

water, sunflower oil, vegetables (onion, potato, tomato), 11% vegetable protein (pea, **wheat gluten**), **wheat flour**, natural flavouring, pea starch, garlic puree, stabiliser (methyl cellulose), vinegar, **wheat fibre**, buffered vinegar powder (preserving ingredient), salt, spices, potassium chloride



Nutrition value

	100 gram	Per portion (80 gram)
Energy	874 kJ/209 kcal	699 kJ/167 kcal
Total fat	14.3 gram	11.4 gram
Saturated fat	1.7 gram	1.4 gram
Monounsaturated fat	3.9 gram	3.1 gram
Polyunsaturated fat	8.5 gram	6.8 gram
Carbohydrates	9.2 gram	7.4 gram
Of which sugars	1.0 gram	0.8 gram
Fibres	3.4 gram	2.7 gram
Proteins	9.5 gram	7.6 gram
Salt	1.1 gram	0.9 gram

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

* Recommended Daily Intake.

Method of preparation

Bake in oven: Oven: 16-18 minutes at 180°C. Turn once.

Fry in pan: Frying pan: 10-12 minutes on medium heat. Turn every now and then.

Categories

[Burgers](#), [Mince](#), [Plant-based Beef](#), [Vegan](#), [Without palm oil](#), [On a bun](#), [Meal component](#), [BBQ - Barbecue](#), [Out of home](#), [Industry](#), [Retail](#)

Allergens

Free from

Milk, egg, soy, 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

Gluten containing grain, wheat