

Vegan Hamburger

The Vegan Hamburger is one of the 'Classics' in our range. This juicy burger is deliciously tender and has a firm bite. The burger tastes delicious on a bun with a variety of toppings. One burger weighs 80 grams.

claims • This Vegan Hamburger contains proteins from pea and wheat • Vegan • One Vegan Hamburger weighs 80 grams • Source of fibre • High in iron • Source of vitamin B12
based on calculated value

Ingredients

Water, vegetable oils (sunflower, rapeseed in varying proportions), onion, 11% vegetable protein (pea, WHEAT), WHEAT flour, natural flavouring, pea starch, potato flakes, garlic puree, thickener (methyl cellulose), vinegar, WHEAT fibre, pea extract, preservative (potassium acetates), salt, spices, potassium chloride, dried tomato, yeast, iron, vitamin B12.

Nutrition value

	100 gram	Per portion (80g)	RDI/GDA
Energy	879 kJ	703kJ	8
Energy	210 kcal	168kcal	8
Total fat	14g	11g	16
saturated fat	1.7g	1.4g	7
Carbohydrates	9.2g	7.4g	3
of which sugars	1.0g	0.8g	1
Fibres	3.4g	2.7g	
Proteins	9.7g	7.8g	16
Salt	1.1g	0.88g	15
iron	9.82mg	7.90mg	
vitamin B12	0.70mcg	0.60mcg	

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 180°C (hot air) until golden brown, turn once. Thawed product: 12-13 min. Frozen product: 18-20 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: 2-3 min. Frozen product: 3-4 min.

Airfryer : Bake in a preheated airfryer at 200°C until golden brown, turn once. Thawed product: 4-5 min. Frozen product: 8-10 min.

Categories

[Burgers](#), [Mince](#), [Plant-based Beef](#), [Schouten's Classics](#), [Vegan*](#), [On a bun](#), [Meal component](#), [BBQ - Barbecue](#), [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, soy, rye, lupine, mustard, barley, oat, spelt, kamut

Contains

Gluten containing grain, wheat

Free from

Fish, crustacean and shellfish, tree nuts, peanuts, sulphite, celery, sesame, molluscs, almond, hazelnuts, walnuts, cashewnut, pecan, Brazil nut, pistachio, macadamia nut