

## Vegan Hamburger

Discover the Vegan Hamburger — a juicy meat alternative with a firm bite and a lightly caramelised exterior. Made from pea and wheat protein and ideal for retail, foodservice, and the food industry.

**claims** • This Vegan Hamburger contains protein from pea and wheat • Vegan • One Vegan Hamburger weighs about 80 grams • Source of protein • 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

#### Zonder

Milk, egg, soy, fish, crustacean and shellfish, tree nuts, peanuts, sulphite, celery, sesame, lupine, mustard, molluscs, spelt, kamut, almond, hazelnuts, walnuts, cashewnut, pecan, Brazil nut, pistachio, macadamia nut

#### Aanwezig

Gluten containing grain, wheat

#### May contain

Rye, barley, oat