

## Vegan Italian Burger

This Italian Burger combines a crispy, golden-brown exterior with a juicy interior filled with mushrooms, tomatoes, and spinach. The blend of Italian herbs such as basil, oregano, and thyme creates a refined Mediterranean taste experience.

**claims** • Source of protein • Source of fibre

based on calculated value



### Ingredients

42% vegetables (mushroom, tomato, spinach, onion), WHEAT flour, vegetable oils (sunflower, rapeseed in varying proportions), water, puree (tomato, garlic), OAT flakes, vegetable protein (WHEAT, pea), pea starch, sun-dried tomato, WHEAT fibre, herbs, fresh parsley, sea salt, spices, thickener (methyl cellulose), salt, vinegar, lemon juice, yeast.

### Nutrition value

	100 gram	Per portion ( 90g)	RDI/GDA
Energy	839 kJ	755kJ	9
Energy	200 kcal	180kcal	9
Total fat	8.6g	7.7g	11
saturated fat	1.0g	0.9g	5
Carbohydrates	21g	19g	7
of which sugars	3.1g	2.8g	3
Fibres	5.3g	4.8g	
Proteins	7.2g	6.5g	13
Salt	1.0g	0.90g	15

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: 16-18 min. Frozen product: 20-22 min.

**Fry in pan** : Heat oil in a pan and fry until golden brown, turn frequently. Thawned product: 6-8 min, medium heat. Frozen product: 10-12 min, medium heat.

**Deep frying** : Fry in a preheated deep fryer at 180°C until golden brown. Thawned product: 3-4 min. Frozen product: 6-7 min.

**Airfryer** : Bake in a preheated airfryer at 200°C until golden brown, turn once. Thawned product: 7-9 min. Frozen product: 10-12 min.

### Categories

[Burgers](#), [Schouten's Variations](#), [Vegan\\*](#), [Soy free](#), [Gourmet](#), [Wrap](#), [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

#### Free from

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

#### Contains

Gluten containing grain, wheat, oat

#### May contain

Rye, barley, spelt, kamut

## Packaging options



**Consumer packaging**

Chilled



**Consumer box**

Frozen



**Foodservice box**

2.5/3 kg | Frozen



**Industry box**

10 kg | Frozen