

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