

Vegan Mini Falafel

Discover our Oriental Mini Falafel, a delicious plant-based meat substitute based on chickpeas and vegetables. Small size, big flavour. Perfect for salads, wraps and more. Capitalise on the trends 'Variations' and 100% plant-based products!

claims • This vegan Mini Falafel is chickpea-based • Vegan • One vegan Mini Falafel weighs 2 grams • High fibre

based on calculated value

Ingredients

49% chickpea, vegetables (onion, carrot, courgette), water, WHEAT flour, vegetable oils (sunflower, rapeseed in varying proportions), fresh herbs (parsley, coriander), spices, salt, thickener (methyl cellulose), vinegar, preservative (potassium acetates), natural flavouring (contains WHEAT), herbs, yeast.

Nutrition value

	100 gram	Per portion (100g)	RDI/GDA
Energy	744 kJ	744kJ	9
Energy	178 kcal	178kcal	9
Total fat	6.7g	6.7g	10
saturated fat	0.9g	0.9g	5
Carbohydrates	20g	20g	8
of which sugars	3.7g	3.7g	4
Fibres	6.3g	6.3g	
Proteins	6.0g	6.0g	12
Salt	1.3g	1.3g	22

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: 12-14 min. Frozen product: 20-22 min.

Fry in pan : Heat oil in a pan and fry until golden brown, turn frequently. Thawed product: 1-2 min, high heat. Frozen product: 3-5 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: 4-6 min. Frozen product: 6-8 min.

Categories

[Balls](#), [Falafel](#), [Ingredients](#), [Schouten's Variations](#), [Vegan*](#), [Soy free](#), [Ingredients](#), [Gourmet](#), [Wrap](#), [Main course salad](#), [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, fish, crustacean and shellfish, tree nuts, peanuts, sulphite, celery, sesame, molluscs, almond, hazelnuts, walnuts, cashewnut, pecan, Brazil nut, pistachio, macadamia nut

May contain

Egg, soy, rye, lupine, mustard, barley, oat, spelt, kamut

Contains

Gluten containing grain, wheat

Packaging options

				
Consumer packaging Chilled	Consumer box Frozen	Foodservice box 2.5/3 kg Frozen	Industry box 10 kg Frozen	