

Vegan Mycoprotein Cubes

Discover the benefits of Mycoprotein Cubes: complete in protein, firm in texture and neutral in taste. Try them today for a healthy and sustainable choice!

claims • These Cubes contain proteins from Mycoprotein • Vegan • One vegan Mycoprotein Cubes weighs approximately 4 grams • High fibre

based on calculated value

Ingredients

Water, 33% mycoprotein, vegetable oils (sunflower, rapeseed in varying proportions), vegetable protein (WHEAT, pea), onion, WHEAT fibre, starch (pea, WHEAT), sea salt, thickener (methyl cellulose), vinegar, spices, lemon juice, preservative (potassium acetates).

Nutrition value

	100 gram	Per portion (100g)	RDI/GDA
Energy	636 kJ	636kJ	8
Energy	152 kcal	152kcal	8
Total fat	10g	10g	14
saturated fat	1.4g	1.4g	7
Carbohydrates	3.9g	3.9g	2
of which sugars	1.2g	1.2g	1
Fibres	7.8g	7.8g	
Proteins	8.1g	8.1g	16
Salt	1.1g	1.1g	18

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: 5-7 min. Frozen product: 6-8 min.

Fry in pan : Heat oil in a pan and fry until golden brown, turn frequently. Thawed product: 3-5 min, high heat. Frozen product: 5-7 min, high heat.

Deep frying : Fry in a preheated deep fryer at 180°C until golden brown. Thawed product: 1-2 min. Frozen product: 2-3 min.

Airfryer : Bake in a preheated airfryer at 200°C until golden brown, turn once. Thawed product: 1-3 min. Frozen product: 2-4 min.

Categories

[Ingredients](#), [Mycoprotein](#), [Plant-based Chicken](#), [Stir-Fry products](#), [Vegan*](#), [Soy free](#), [Ingredients](#), [Sauce](#), [Wrap](#), [Pizza toppings](#), [Main course salad](#), [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, rye, fish, crustacean and shellfish, tree nuts, peanuts, sulphite, celery, sesame, lupine, mustard, molluscs, barley, oat, spelt, kamut, almond, hazelnuts, walnuts, cashewnut, pecan, Brazil nut, pistachio, macadamia nut

May contain

Soy

Contains

Gluten containing grain, wheat