

## 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 • Source of protein • High fibre

*based on calculated value*

### Ingredients

Water, 31% mycoprotein, vegetable oils (sunflower, rapeseed in varying proportions), vegetable protein (WHEAT, pea), onion, WHEAT fibre, starch (pea, WHEAT), thickener (methyl cellulose), sea salt, vinegar, spices, lemon juice, preservative (potassium acetates).



### Nutrition value

	100 gram	Per portion ( 100g)	RDI/GDA
Energy	886 kJ	886kJ	11
Energy	212 kcal	212kcal	11
Fat	18g	18g	26
of which saturates	2.2g	2.2g	11
Carbohydrates	3.5g	3.5g	1
of which sugars	1.1g	1.1g	1
Fibres	6.5g	6.5g	
Proteins	6.9g	6.9g	14
Salt	0.98g	0.98g	16

Reference intake of an average adult (8400 kJ/2000 kcal).

\* Recommended Daily Intake.

### Method of preparation

**Fry in pan** : Frying pan: 4-6 minutes on a medium heat. Turn every now and then.

### Categories

[Mycoprotein](#), [Ingredients](#), [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