

## Vegan Plant-Based Balls

Try now the vegan Plant-Based Balls: packed with flavour, with a juicy bite and meatless. Perfect for wraps, salads and drinks boards. Ideal for any occasion, from quick snack to complete dish. Add it to your range now!

**claims** • These vegan Plant-Based Balls contain protein wheat and soy • Vegan • One vegan Ball weighs approximately 17 grams • Source of fibre • High in iron • Source of vitamin B12  
*based on calculated value*

### Ingredients

Water, 25% vegetable protein (WHEAT, SOY), sunflower oil, pea starch, natural flavouring, fibers (WHEAT, citrus), vinegar, preservative (potassium acetates), spices, thickener (methyl cellulose), salt, tomato paste, mushroom powder, dried onion, BARLEY malt extract, iron, vitamin B12.

### Nutrition value

	100 gram	Per portion ( 85g)	RDI/GDA
Energy	643 kJ	547kJ	7
Energy	154 kcal	131kcal	7
Total fat	5.1g	4.3g	6
saturated fat	0.6g	0.5g	3
Carbohydrates	5.6g	4.8g	2
of which sugars	0.9g	0.8g	1
Fibres	5.3g	4.5g	
Proteins	19g	16g	32
Salt	1.0g	0.85g	14
iron	7.30mg	6.20mg	
vitamin B12	0.45mcg	0.40mcg	

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: 11-13 min. Frozen product: 18-20 min.

**Fry in pan** : Heat oil in a pan and fry until golden brown, turn frequently. Thawed product: 5-7 min, medium heat. Frozen product: 9-11 min, medium heat.

**Deep frying** : Fry in a preheated deep fryer at 180°C until golden brown. Thawed 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](#), [Plant-based Beef](#), [Schouten's Classics](#), [Snacks](#), [Vegan\\*](#), [Ingredients](#), [Gourmet](#), [Sauce](#), [Wrap](#), [On a bun](#), [Bake-off](#), [Meal component](#), [BBQ- Barbecue](#), [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, fish, crustacean and shellfish, tree nuts, peanuts, sulphite, celery, sesame, lupine, molluscs, almond, hazelnuts, walnuts, cashewnut, pecan, Brazil nut, pistachio, macadamia nut

#### Contains

Soy, gluten containing grain, wheat, barley

#### May contain

Rye, mustard, oat, spelt, kamut

Packaging options



**Consumer packaging**  
Chilled



**Consumer box**  
Frozen



**Foodservice box**  
2.5/3 kg | Frozen



**Industry box**  
10 kg | Frozen