

Vegan Power Bites

Delicious snack balls with a nutty flavor. The balls contain no nuts but seeds and kernels. Ideal for end users who want to eat healthy, sustainable and tasty food and are not necessarily looking for a meat copy.

claims • Source of fibre

based on calculated value

Ingredients

Water, 13% seeds (sunflower kernel, pumpkin kernel), 11% vegetable protein (pea, WHEAT), vegetable oils (sunflower, rapeseed in varying proportions), chickpeas, onion, OAT flakes, puree (garlic, ginger), vinegar, thickener (methyl cellulose), sea salt, natural flavouring, extracts (pea, BARLEY malt), preservative (potassium acetates), WHEAT fibre, spices.

Nutrition value

	100 gram	Per portion (85g)	RDI/GDA
Energy	1150 kJ	978kJ	12
Energy	275 kcal	234kcal	12
Total fat	19g	16g	23
saturated fat	2.4g	2.0g	10
Carbohydrates	9.8g	8.3g	3
of which sugars	1.7g	1.4g	2
Fibres	5.8g	4.9g	
Proteins	15g	13g	26
Salt	1.1g	0.94g	16

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: 10-12 min. Frozen product: 15-17 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: 11-13 min, medium heat.

Deep frying : Fry in a preheated deep fryer at 180°C until golden brown. Thawed product: 3-4 min. Frozen product: 4-5 min.

Airfryer : Bake in a preheated airfryer at 200°C until golden brown, turn once. Thawed product: 3-5 min. Frozen product: 7-9 min.

Categories

[Balls](#), [Ingredients](#), [Schouten's Variations](#), [Snacks](#), [Vegan*](#), [Soy free](#), [Ingredients](#), [Sauce](#), [Wrap](#), [On a bun](#), [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, fish, crustacean and shellfish, tree nuts, peanuts, sulphite, celery, lupine, mustard, molluscs, almond, hazelnuts, walnuts, cashewnut, pecan, Brazil nut, pistachio, macadamia nut

May contain

Soy, rye, sesame, spelt, kamut

Contains

Gluten containing grain, wheat, barley, oat

Packaging options



Consumer packaging
Chilled



Consumer box
Frozen



Foodservice box
2.5/3 kg | Frozen



Industry box
10 kg | Frozen

