

## Vegan Power Bites

Snack balls with a nutty flavour, made with seeds and kernels on a plant-based base of wheat and peas. Their firm bite and recognisable taste make them suitable for a wide range of snack and meal applications.

**claims** • High protein • 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

#### Zonder

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

#### Aanwezig

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

