schouten specialist in plant-based protein

NUTRI-SCORE A B C D E

P00492/P00355

Vegan Schnitzel



A flavourful meat alternative with a juicy texture and a crispy breadcrumb coating. Seasoned with mace and ginger for a familiar, savoury taste. Easy to prepare and ideal for kitchens where speed and consistency matter.

claims • This Vegan Schnitzel contains protein from soy and wheat • Vegan • One Vegan Schnitzel weighs about 100 grams • High protein • Source of fibre • High in iron • Source of vitamin B12

based on calculated value

Ingredients

Water, WHEAT flour, 15% vegetable protein (SOY, WHEAT), vegetable oils (sunflower, rapeseed in varying proportions), starch (potato, WHEAT), spices, vinegar, natural flavouring, thickener (methyl cellulose), preservative (potassium acetates), salt, lemon juice, potassium chloride, iron, vitamin B12.

Nutrition value

	100 gram	Per portion (100g)	RDI/GDA
Energy	824 kJ	824kJ	10
Energy	197 kcal	197kcal	10
Total fat	6.8g	6.8g	10
saturated fat	0.8g	0.8g	4
Carbohydrates	18g	18g	7
of which sugars	1.0g	1.0g	1
Fibres	3.6g	3.6g	
Proteins	14g	14g	28
Salt	1.0g	1.0g	17
iron	9.30mg	9.30mg	
vitamin B12	0.55mcg	0.60mcg	

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 210°C (hot air) until golden brown, turn once. Thawned product: 10-12 min. Frozen product: 15-17 min.
Fry in pan : Heat oil in a pan and fry until golden brown, turn frequently. Thawned product: 5-7 min, high heat. Frozen product: 7-9 min, medium heat.
Deep frying : Fry in a preheated deep fryer at 180°C until golden brown. Thawned product: 1-2 min. Frozen product: 3-4 min.
Airfryer : Bake in a preheated airfryer at 200°C until golden brown, turn once. Thawned product: 4-6 min. Frozen product: 7-9 min.

Categories

Schnitzels, Schouten's Classics, Vegan*, On a bun, 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

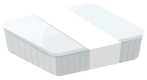
Zonder
Milk, egg, fish, crustacean and shellfish, tree nuts, peanuts, sulphite, celery, sesame, lupine, mustard, molluscs, barley, oat, spelt, kamut, almond, hazelnuts, walnuts, cashewnut, pecan, Brazil nut, pistachio, macadamia nut

Aanwezig
Soy, gluten containing grain, wheat

May contain
Rye

Schouten Europe B.V. Burgstraat 12 · 4283 GG Giessen · Netherlands · +31 (0)183 44 63 90 · info@schoutenfood.com
www.schoutenfood.com · CoC 18059439 · VAT NL 8088 878 41 B01

Packaging options



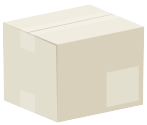
Consumer packaging
Chilled



Consumer box
Frozen



Foodservice box
2.5/3 kg | Frozen



Industry box
10 kg | Frozen