

Vegan Schnitzel

A tasty schnitzel for foodservice and retail. Easy to prepare and deliciously seasoned. Perfect choice for busy kitchens and consumers. And matches the demand for vegan products. Offer conscious consumers a delicious, responsible choice.

claims • This Vegan Schnitzel contains protein from soy and wheat • Vegan • One Vegan Schnitzel weighs 100 grams • 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	847 kJ	847kJ	10
Energy	202 kcal	202kcal	10
Total fat	7.0g	7.0g	10
saturated fat	0.8g	0.8g	4
Carbohydrates	19g	19g	7
of which sugars	1.2g	1.2g	1
Fibres	3.5g	3.5g	
Proteins	14g	14g	28
Salt	1.1g	1.1g	18
iron	9.13mg	9.10mg	
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 : 14-16 minutes at 180°C. Turn once.

Fry in pan : 5-7 minutes on medium heat. Turn every now and then.

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

Free from

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

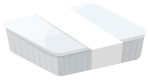
Contains

Soy, gluten containing grain, wheat

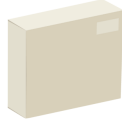
May contain

Rye, barley, oat, spelt, kamut

Packaging options



Consumer packaging
Chilled



Consumer box
Frozen



Foodservice box
2.5/3 kg | Frozen



Industry box
10 kg | Frozen