

## Vegan Sea Bites

This snack has a tender texture and a salty twist thanks to dried seaweed (nori) and fine flakes from vegetables such as artichoke. So you enjoy a real 'sea experience'. Perfect for fish & chips alternatives, poké bowls or appetisers.

**claims** • These Vegan Sea Bite contain proteins from wheat and soya • Vegan • One vegan  
Vegan Sea Bite weighs approximately 16 grams • High protein • Source of fibre  
*based on calculated value*

### Ingredients

Water, 22% vegetables (leek, artichoke hearts), WHEAT flour, 8% vegetable protein (WHEAT, SOY), vegetable oils (sunflower, flaxseed, rapeseed in varying proportions), fibers (WHEAT, bamboo), vinegar, pea starch, sea salt, garlic puree, thickener (sodium alginate), natural flavouring, salt, yeast, lemon juice, dried seaweed.

### Nutrition value

	100 gram	Per portion ( 80g)	RDI/GDA
Energy	818 kJ	654kJ	8
Energy	195 kcal	156kcal	8
Total fat	8.7g	7.0g	10
saturated fat	1.0g	0.8g	4
Carbohydrates	17g	14g	5
of which sugars	1.4g	1.1g	1
Fibres	4.8g	3.8g	
Proteins	10g	8.0g	16
Salt	1.0g	0.80g	13

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. Thawed product: 8-10 min. Frozen product: 10-12 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: 8-10 min, medium heat.

**Deep frying** : Fry in a preheated deep fryer at 180°C until golden brown. Thawed product: 2-3 min. Frozen product: 3-4 min.

**Airfryer** : Bake in a preheated airfryer at 200°C until golden brown, turn once. Thawed product: 3-5 min. Frozen product: 6-8 min.

### Categories

[Plant-based Fish](#), [Schouten's Variations](#), [Vegan\\*](#), [Gourmet](#), [Wrap](#), [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, tree nuts, peanuts, sulphite, celery, sesame, molluscs, almond, hazelnuts, walnuts, cashewnut, pecan, Brazil nut, pistachio, macadamia nut

#### May contain

Egg, rye, fish, crustacean and shellfish, lupine, mustard, barley, oat, spelt, kamut

#### Contains

Soy, gluten containing grain, wheat

Packaging options



**Consumer packaging**  
Chilled



**Consumer box**  
Frozen



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



**Industry box**  
10 kg | Frozen