schouten specialist in plant-based protein

NUTRI-SCORE A B C D E

P00537

Vegan Sea Bites



A tender, plant-based snack with a subtle sea touch and a light salty taste. Dried seaweed and vegetable flakes add character and recognisability. Versatile in use as a snack, sharing bite or alternative in fish-inspired dishes.

claims • These Vegan Sea Bites contain protein from wheat and soya • Vegan • One Vegan Sea Bite weighs about 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. Thawned product: 8-10 min. Frozen product: 10-12 min.
Fry in pan : Heat oil in a pan and fry until golden brown, turn frequently. Thawned 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. Thawned product: 2-3 min. Frozen product: 3-4 min.
Airfryer : Bake in a preheated airfryer at 200°C until golden brown, turn once. Thawned 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

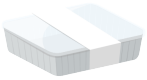
Zonder
Milk, rye, tree nuts, peanuts, sulphite, celery, sesame, molluscs, almond, hazelnuts, walnuts, cashewnut, pecan, Brazil nut, pistachio, macadamia nut

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

Aanwezig
Soy, gluten containing grain, wheat

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www.schoutenfood.com · CoC 18059439 · VAT NL 8088 878 41 B01

Packaging options



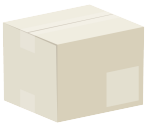
Consumer packaging
Chilled



Consumer box
Frozen



Foodservice box
2.5/3 kg | Frozen



Industry box
10 kg | Frozen