

Vegan Southern Fried Chickenless Wings

There is no denying it: these Southern Fried Chickenless Wings are delicious; they are tender, juicy and crispy, a true American classic. The chilli in the coating provides the necessary spice. Delicious as a snack to accompany drinks.

claims • These vegan wings contain protein from soy, wheat and pea • The vegan Southern Fried Chickenless Wings weigh 33 grams each • High protein • Source of fibre
based on calculated value

Ingredients

Water, 14% vegetable protein (WHEAT, SOYA, pea), flour (WHEAT, rice), vegetable oils (sunflower, coconut), starch (WHEAT, potato), natural flavouring, thickeners (methyl cellulose, sodium alginate), WHEAT fibre, vinegar, spices, salt, preservative (potassium acetate), lemon juice, modified WHEAT starch, raising agents (E450, sodium carbonates), colour (paprika extract), herbs.

Nutrition value

	100 gram	Per portion (97.5g)	RDI/GDA
Energy	913 kJ	890kJ	11
Energy	218 kcal	213kcal	11
Total fat	11g	11g	15
saturated fat	2.9g	2.8g	14
Carbohydrates	14g	14g	5
of which sugars	0.5g	0.5g	1
Fibres	3.8g	3.7g	
Proteins	13g	13g	25
Salt	1.1g	1.1g	18

Reference intake of an average adult (8400 kJ/2000 kcal).

* Recommended Daily Intake.



Method of preparation

Bake in oven : 16-17 minutes at 230 °C.

Deep frying : 3 minutes at 180°C.

Categories

[Plant-based Chicken](#), [Schouten's Classics](#), [Snacks](#), [Vegan*](#), [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, rye, 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

Contains

Soy, gluten containing grain, wheat

Packaging options



Consumer box

Frozen



Foodservice box

2.5/3 kg | Frozen



Industry box

10 kg | Frozen