

## Vegan Southern Fried Chickenless Wings

Tender and juicy wings with a crispy Southern Fried coating. The seasoned blend with a touch of heat delivers a familiar flavour experience. Suitable as a snack or sharing bite, served plain or with a variety of sauces.

**claims** • These vegan wings contain protein from soy, wheat and pea • The vegan Southern Fried Chickenless Wings weighs about 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

#### Zonder

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

#### Aanwezig

Soy, gluten containing grain, wheat

### Packaging options



#### Consumer box

Frozen



#### Foodservice box

2.5/3 kg | Frozen



#### Industry box

10 kg | Frozen