

## Vegan Spinach Rondo

Flavoursome uncoated Rondo including chickpeas, spinach and leeks. The chunky vegetables provide a nice bite. This Rondo is a true Variation: not a copy of meat, but rather less processed, with its own identity and recognisable ingredients.

**claims** • This vegan Spinach Rondo is based on chickpeas and spinach • Vegan • One vegan Rondo weighs about 65 grams • Source of fibre  
*based on calculated value*

### Ingredients

Vegetables (32% spinach, leek, onion), chickpeas, WHEAT flour, vegetable oils (sunflower, rapeseed in varying proportions), water, cumin, spices, salt, vinegar, pea starch, thickener (methyl cellulose), fresh mint, preservative (potassium acetates), yeast.

### Nutrition value

	100 gram	Per portion ( 65g)	RDI/GDA
Energy	753 kJ	489kJ	6
Energy	180 kcal	117kcal	6
Total fat	9.8g	6.4g	9
saturated fat	1.2g	0.8g	4
Carbohydrates	16g	10g	4
of which sugars	2.2g	1.4g	2
Fibres	3.7g	2.4g	
Proteins	4.8g	3.1g	6
Salt	1.3g	0.85g	14

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 180°C (hot air) until golden brown, turn once. Thawned product: 11-13 min. Frozen product: 17-19 min.

**Fry in pan** : Heat oil in a pan and fry until golden brown, turn frequently. Thawned product: 3-5 min, medium heat. Frozen product: 5-7 min, medium heat.

**Deep frying** : Fry in a preheated deep fryer at 180°C until golden brown. Thawned product: 2-3 min. Frozen product: 4-5 min.

**Airfryer** : Bake in a preheated airfryer at 200°C until golden brown, turn once. Thawned product: 4-6 min. Frozen product: 6-8 min.

### Categories

[Burgers](#), [Schouten's Variations](#), [Vegan\\*](#), [Soy free](#), [Gourmet](#), [On a bun](#), [Main course salad](#), [Meal component](#), [BBQ - Barbecue](#), [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, fish, crustacean and shellfish, tree nuts, peanuts, sulphite, celery, sesame, molluscs, almond, hazelnuts, walnuts, cashewnut, pecan, Brazil nut, pistachio, macadamia nut

#### May contain

Egg, soy, rye, lupine, mustard, barley, oat, spelt, kamut

#### Contains

Gluten containing grain, wheat

Packaging options



**Consumer packaging**  
Chilled



**Consumer box**  
Frozen



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



**Industry box**  
10 kg | Frozen

