schouten specialist in plant-based protein

NUTRI-SCORE A B C D E

P00488

# Vegan Spinach Rondo



This vegan Spinach Rondo combines chickpeas, spinach, leek, onion, and mint. Its fresh flavour and visible vegetables give this uncoated Rondo an appealing character. Ideal for anyone looking for a flavourful vegan choice.

**claims** • This vegan Spinach Rondo is based on chickpeas and spinach • Vegan • One vegan Rondo weighs about 67 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

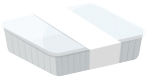
**Zonder**
Milk, fish, crustacean and shellfish, tree nuts, peanuts, sulphite, celery, sesame, molluscs, almond, hazelnuts, walnuts, cashewnut, pecan, Brazil nut, pistachio, macadamia nut

**May contain**
Egg, soy, rye, lupine, mustard, barley, oat, spelt, kamut

**Aanwezig**
Gluten containing grain, wheat

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## Packaging options



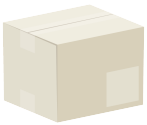
**Consumer packaging**
Chilled



**Consumer box**
Frozen



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



**Industry box**
10 kg | Frozen