

## 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. Thawed product: 11-13 min. Frozen product: 17-19 min.

**Fry in pan** : Heat oil in a pan and fry until golden brown, turn frequently. Thawed 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. Thawed product: 2-3 min. Frozen product: 4-5 min.

**Airfryer** : Bake in a preheated airfryer at 200°C until golden brown, turn once. Thawed 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

## Packaging options



**Consumer packaging**

Chilled



**Consumer box**

Frozen



**Foodservice box**

2.5/3 kg | Frozen



**Industry box**

10 kg | Frozen