

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. 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

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

