

Vegan Tempeh Cubes Naturel

Veganes Würfel auf Soyabasis, fermentiert und vorgebraten

Ingredients

78% cooked **soybean**, sunflower oil, rice flour, inoculum culture



Nutrition value

	100 gram	Per portion (45 gram)	RDI/GDA
Energy	1537 kJ/367 kcal	692 kJ/165 kcal	8.0%
Proteins	18.6 gram	8.4 gram	17.0%
Carbohydrates	3.0 gram	1.4 gram	1.0%
Of which sugars	0.6 gram	0.3 gram	0.0%
Total fat	30.0 gram	13.5 gram	19.0%
Saturated fat	4.2 gram	1.9 gram	9.0%
Salt	0.1 gram	0.0 gram	0.0%

Reference intake of an average adult (8400 kJ/2000 kcal).

* Recommended Daily Intake.

Method of preparation

Bake in oven: 12-14 minutes at 180°C. Turn once.

Fry in grill pan: 8-10 minutes on moderate heat. Stir every now and then.

Categories

[Tempeh & Tofu](#), [Schouten's Variations](#), [Ingredients](#), [Vegan](#), [Without palm oil](#), [Wrap](#), [Main course salad](#), [Industry](#), [Out of home](#), [Retail](#)

Allergens

Free from

Milk, egg, gluten containing grain, wheat, 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

Contains

Soy

Packaging options



Consumer packaging

Chilled



Consumer box

Frozen



Foodservice box

2.5/3 kg | Frozen



Industry box

10 kg | Frozen