

## Vegan Tempeh Cubes Naturel

Century-old protein revolution! Tempeh is a versatile vegetable source based on fermented soybeans. These popular cubes fit the trend of unprocessed meat substitutes, convenience and the growing demand for fermented foods.

### Ingredients

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



### Nutrition value

	100 gram	Per portion ( 45g)	RDI/GDA
Energy	1530 kJ	689kJ	8
Energy	365 kcal	164kcal	8
Fat	30g	14g	19
of which saturates	4.2g	1.9g	9
Carbohydrates	2.6g	1.2g	
of which sugars	0.2g	0.1g	
Fibres	7.5g	3.4g	
Proteins	19g	8.6g	17
Salt	0.01g	0.00g	

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

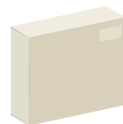
\* Recommended Daily Intake.

### Packaging options



#### Consumer packaging

Chilled



#### Consumer box

Frozen



#### Foodservice box

2.5/3 kg | Frozen



#### Industry box

10 kg | Frozen

### 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

[Ingredients](#), [Schouten's Variations](#), [Tempeh & Tofu](#), [Vegan\\*](#), [Wrap](#), [Main course salad](#), [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, egg, gluten containing grain, wheat, rye, fish, crustacean and shellfish, tree nuts, peanuts, celery, sesame, lupine, mustard, molluscs, barley, oat, spelt, kamut, almond, hazelnuts, walnuts, cashewnut, pecan, Brazil nut, pistachio, macadamia nut

#### Contains

Soy, sulphite