

## Vegan Tempeh Mince

Vegan fermented mince based on soy beans, with added iron and vitamin B12

**claims** • Source of protein • High fibre

*based on calculated value*

### Ingredients

78% **soy bean**, sunflower oil, rice flour, inoculum culture



### Nutrition value

	100 gram	Per portion ( 90g)
Energy	1530 kJ	1377kJ
Energy	365 kcal	329kcal
Fat	30g	27g
of which saturates	4.2g	3.8g
monounsaturated fat	9.0g	8.1g
polyunsaturated fat	17g	15g
Carbohydrates	2.6g	2.3g
of which sugars	0.2g	0.2g
Fibres	7.5g	6.8g
Proteins	19g	17g
Salt	0.01g	0.01g

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

\* Recommended Daily Intake.

### Method of preparation

**Fry in pan** : 4-6 minutes on moderate heat. Stir every now and then.

### Categories

[Ingredients](#), [Mince](#), [Schouten's Variations](#), [Tempeh & Tofu](#), [Vegan\\*](#), [Wrap](#), [Bake-off](#), [Pizza toppings](#), [Main course salad](#), [Meal component](#), [Bound salad](#), [Industry](#), [Out of home](#)

*\*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, 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 box

Frozen



#### Foodservice box

2.5/3 kg | Frozen



#### Industry box

10 kg | Frozen