

Vegan Vegetable Balls

Suitable for young and old: vegan Vegetable Balls full of vegetable fun. Ideal for food industry, retail and foodservice. The perfect choice for healthy and tasty meat replacement. Discover the versatility and delicious taste for yourself!

claims • These vegan Vegetable Balls contain protein from soy and wheat • Vegan • One vegan Vegetable Balls weighs 17 grams • Source of protein • Source of fibre
based on calculated value

Ingredients

41% vegetables (maize, carrot, onion, green peas, leek, red sweet pepper, green sweet pepper), water, grains (rice, OAT flakes, WHEAT flake), 8% vegetable protein (SOY, WHEAT), vegetable oils (sunflower, rapeseed in varying proportions), starch (potato, WHEAT), garlic puree, thickener (methyl cellulose), vinegar, natural flavouring, salt, preservative (potassium acetates), SOY beans, fresh herbs (parsley, dill), spices.

Nutrition value

	100 gram	Per portion (85g)	RDI/GDA
Energy	703 kJ	598kJ	7
Energy	168 kcal	143kcal	7
Total fat	7.9g	6.7g	10
saturated fat	0.9g	0.8g	4
Carbohydrates	14g	12g	5
of which sugars	2.0g	1.7g	2
Fibres	3.8g	3.2g	
Proteins	8.2g	7.0g	14
Salt	1.1g	0.94g	16

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: 10-12 min. Frozen product: 17-18 min.

Fry in pan : Heat oil in a pan and fry until golden brown, turn frequently. Thawed product: 5-7 min, medium heat. Frozen product: 8-10 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: 7-9 min.

Categories

[Balls](#), [Ingredients](#), [Schouten's Variations](#), [Snacks](#), [Vegan*](#), [Gourmet](#), [Sauce](#), [Wrap](#), [Main course salad](#), [Meal component](#), [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, fish, crustacean and shellfish, tree nuts, peanuts, sulphite, celery, sesame, lupine, mustard, molluscs, kamut, almond, hazelnuts, walnuts, cashewnut, pecan, Brazil nut, pistachio, macadamia nut

Contains

Soy, gluten containing grain, wheat, oat

May contain

Rye, barley, spelt

Packaging options



Consumer packaging
Chilled



Consumer box
Frozen



Foodservice box
2.5/3 kg | Frozen



Industry box
10 kg | Frozen