

## Vegan Vegetable Bites

These crispy delights are perfect for kids (and adults). The cheerfully shaped nuggets are packed with vegetables, such as corn, carrot, and peas. So not only healthy but also delicious in taste.

**claims** • This vegan Vegetable Bite consists of 46% vegetables • Vegan • One vegan

Vegetable Bite weighs 17.5 grams • Source of fibre

*based on calculated value*

### Ingredients

46% vegetables (maize, carrot, green peas, onion, red sweet pepper), WHEAT flour, water, sunflower oil, OAT flakes, puree (tomato paste, garlic), vegetable protein (WHEAT, pea), pea starch, WHEAT fibre, spices, thickener (methyl cellulose), vinegar, basil, salt, preservative (potassium acetates), natural flavouring, sea salt, yeast.

### Nutrition value

	100 gram	Per portion ( 88g)	RDI/GDA
Energy	877 kJ	772kJ	9
Energy	209 kcal	184kcal	9
Total fat	8.5g	7.5g	11
saturated fat	1.0g	0.9g	4
Carbohydrates	25g	22g	8
of which sugars	3.6g	3.2g	4
Fibres	4.5g	4.0g	
Proteins	6.4g	5.6g	11
Salt	0.62g	0.55g	9

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: 8-10 min. Frozen product: 10-12 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: 4-6 min, medium heat.

**Deep frying** : Fry in a preheated deep fryer at 180°C until golden brown. Thawed product: 1-2 min. Frozen product: 2-3 min.

**Airfryer** : Bake in a preheated airfryer at 200°C until golden brown, turn once. Thawed product: 2-3 min. Frozen product: 3-5 min.

### Categories

[Schouten's Variations](#), [Snacks](#), [Vegan\\*](#), [Gourmet](#), [Wrap](#), [On a bun](#), [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, soy, fish, crustacean and shellfish, tree nuts, peanuts, sulphite, celery, sesame, lupine, mustard, molluscs, almond, hazelnuts, walnuts, cashewnut, pecan, Brazil nut, pistachio, macadamia nut

#### Contains

Gluten containing grain, wheat, oat

#### May contain

Rye, barley, spelt, kamut

Packaging options



**Consumer packaging**  
Chilled



**Consumer box**  
Frozen



**Foodservice box**  
2.5/3 kg | Frozen



**Industry box**  
10 kg | Frozen

