

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 19 grams • Source of protein • 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	873 kJ	768kJ	9
Energy	209 kcal	184kcal	9
Total fat	8.5g	7.5g	11
saturated fat	1.0g	0.9g	4
Carbohydrates	24g	21g	8
of which sugars	3.6g	3.2g	4
Fibres	4.5g	4.0g	
Proteins	6.3g	5.5g	11
Salt	0.64g	0.56g	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