

Mixed Vegetable burger

In a world where plant-based options are becoming increasingly important, consumers are embracing the vegan Vegetable Burger. A delectable combination of corn, carrot, onion, garden pea, leek, red pepper and green pepper, with a sweet touch

claims • This vegan Vegetable Burger contains protein from soy and wheat • Vegan • One Vegetable Burger weighs about 100 grams. Also available as an 80-gram burger. • Source of fibre • High in iron • Source of vitamin B12

based on calculated value

Ingredients

59% vegetables (carrot, leek, green peas, onion, red sweet pepper, maize), 12% vegetable protein (WHEAT, pea), water, OAT flakes, vegetable oils (sunflower, rapeseed in varying proportions), pea starch, natural flavouring, vinegar, WHEAT flour, garlic puree, preservative (potassium acetates), thickener (methyl cellulose), sea salt, fresh herbs (parsley, dill), spices, Iron, vitamin B12.

Nutrition value

	100 gram	Per portion (100g)	RDI/GDA
Energy	609 kJ	609kJ	7
Energy	145 kcal	145kcal	7
Total fat	4.7g	4.7g	7
saturated fat	0.6g	0.6g	3
Carbohydrates	12g	12g	5
of which sugars	3.1g	3.1g	3
Fibres	3.5g	3.5g	
Proteins	12g	12g	24
Salt	1.1g	1.1g	18
iron	9.00mg	9.00mg	
vitamin B12	0.62mcg	0.60mcg	

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: 14-16 min. Frozen product: 22-24 min.

Fry in pan : Heat oil in a pan and fry until golden brown, turn frequently. Thawed product: 4-6 min, medium heat. Frozen product: 7-9 min, medium heat.

Deep frying : Fry in a preheated deep fryer at 180°C until golden brown. Thawed product: 2-3 min. Frozen product: 3-4 min.

Airfryer : Bake in a preheated airfryer at 200°C until golden brown, turn once. Thawed product: 4-6 min. Frozen product: 8-10 min.

Categories

[Burgers](#), [Schouten's Variations](#), [On a bun](#), [Meal component](#), [BBQ - Barbecue](#), [Industry](#), [Out of home](#), [Retail](#)

Allergens

May contain

Milk, rye, barley, spelt

Free from

Egg, soy, 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

Gluten containing grain, wheat, oat

Packaging options



Consumer packaging
Chilled



Consumer box
Frozen



Foodservice box
2.5/3 kg | Frozen



Industry box
10 kg | Frozen