

## 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 Vegan Vegetable Burger weighs 100 grams. Also available in 78 gram. • High protein • 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	607 kJ	607kJ	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

#### Zonder

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

#### Aanwezig

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