

Vegan Vegetable Schnitzel

Preheated and breaded vegan schnitzel based on vegetables.

Ingredients

43% vegetables (maize, carrot, green peas, onion, red sweet pepper), **wheat flour**, water, sunflower oil, **oat flake**, Vegetable proteins (**wheat**, pea), modified corn starch, salt, thickener (E461), vinegar, fresh basil, natural flavouring, garlic puree, buffered vinegar powder (preserving ingredient), parsley



Nutrition value

	100 gram	Per portion (100 gram)	RDI/GDA
Energy	925 kJ/221 kcal	925 kJ/221 kcal	11.0%
Total fat	9.7 gram	9.7 gram	14.0%
Saturated fat	1.2 gram	1.2 gram	6.0%
Monounsaturated fat	2.6 gram	2.6 gram	
Polyunsaturated fat	5.7 gram	5.7 gram	
Carbohydrates	24.8 gram	24.8 gram	10.0%
Of which sugars	3.2 gram	3.2 gram	4.0%
Fibres	6.9 gram	6.9 gram	
Proteins	6.9 gram	6.9 gram	14.0%
Salt	1.1 gram	1.1 gram	19.0%

Reference intake of an average adult (8400 kJ/2000 kcal).

* Recommended Daily Intake.

Method of preparation

Bake in oven: Oven: 12-14 minutes at 180°C. Turn once.

Fry in pan: Frying pan: 6-8 minutes on medium heat. Turn every now and then.

Categories

[Schnitzels](#), [Schouten's Variations](#), [Vegan](#), [Without palm oil](#), [Soy free](#), [On a bun](#), [Meal component](#), [Industry](#), [Out of home](#), [Retail](#)

Allergens

Free from

Milk, egg, soy, rye, fish, crustacean and shellfish, tree nuts, peanuts, sulphite, celery, sesame, lupine, mustard, molluscs, barley, spelt, kamut, almond, hazelnuts, walnuts, cashewnut, pecan, Brazil nut, pistachio, macadamia nut

Contains

Gluten containing grain, wheat, oat