

Vegan Vegetable Schnitzel

This schnitzel combines a crispy coating with a soft filling of corn and carrot. Its mild, lightly sweet flavour makes it widely applicable and a familiar choice within the plant-based range.

claims • This vegan Vegetable Schnitzel consists of 43% vegetables • Vegan • One vegan Vegetable Schnitzel weighs about 100 grams • Source of protein • Source of fibre

based on calculated value

Ingredients

43% vegetables (maize, carrot, green peas, onion, red sweet pepper), **wheat** flour, water, vegetable oils (sunflower, rapeseed in varying proportions), **oat** flakes, vegetable protein (**wheat**, pea), modified corn starch, spices, salt, thickener (methyl cellulose), vinegar, basil, natural flavouring, garlic puree, preservative (potassium acetates), herbs.

Nutrition value

	100 gram	Per portion (100g)	RDI/GDA
Energy	931 kJ	931kJ	11
Energy	222 kcal	222kcal	11
Total fat	9.6g	9.6g	14
saturated fat	1.1g	1.1g	6
Carbohydrates	25g	25g	10
of which sugars	3.1g	3.1g	3
Fibres	3.5g	3.5g	
Proteins	6.8g	6.8g	14
Salt	1.1g	1.1g	18

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

* Recommended Daily Intake.



Method of preparation

Bake in oven : Oven: 17-18 minutes at 180°C. Turn once.

Fry in pan : Frying pan: 8-9 minutes on medium heat. Turn every now and then.

Airfryer : Airfryer: 6-7 minutes at 200°C.

Categories

[Schnitzels](#), [Schouten's Variations](#), [Vegan*](#), [Soy free](#), [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

Zonder

Milk, 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

Aanwezig

Gluten containing grain, wheat, oat

May contain

Rye, barley, spelt