

Vegan Vegetable Schnitzel

This Vegetable Schnitzel offers a unique eating experience with its soft filling and crispy crust. Delicious for young and old alike, with its sweet taste thanks to corn and carrot, and extra fiber from oat flakes.

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
Fat	9.6g	9.6g	14
of which saturates	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

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Allergens

Free from

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

Contains

Gluten containing grain, wheat, oat

Kan bevatten

Rye, barley, spelt