

## Veggie Vegetable Balls

Suitable for young and old: Veggie Vegetable Balls full of vegetable fun. Vegetables such as pea, corn and carrot play the main role. Ideal for anyone looking for a tasty and accessible meat substitute.

**claims** • These Veggie Vegetable Balls contain protein from soy and wheat • Vegan • One Veggie Vegetable Ball about 14 grams • High protein • Source of fibre  
*based on calculated value*

### Ingredients

41% vegetables (carrot, green peas, maize, onion, red sweet pepper), water, 12% vegetable protein (SOY, WHEAT), WHEAT flour, sunflower oil, tumeric, spices, salt, preservative (potassium acetates), thickeners (methyl cellulose, processed eucheama seaweed), acid (citric acid), yeast.

### Nutrition value

	100 gram	Per portion ( 70g)	RDI/GDA
Energy	570 kJ	399kJ	5
Energy	136 kcal	95kcal	5
Total fat	3.1g	2.2g	3
saturated fat	0.4g	0.3g	1
Carbohydrates	14g	9.8g	4
of which sugars	2.7g	1.9g	2
Fibres	4.0g	2.8g	
Proteins	11g	7.7g	15
Salt	1.3g	0.91g	15

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: 16-18 min.

**Fry in pan** : Heat oil in a pan and fry until golden brown, turn frequently. Thawed product: 5-7 min, medium heat. Frozen product: 10-12 min, medium heat.

**Deep frying** : Fry in a preheated deep fryer at 180°C until golden brown. Thawed product: 3-4 min. Frozen product: 4-5 min.

**Airfryer** : Bake in a preheated airfryer at 200°C until golden brown, turn once. Thawed product: 5-7 min. Frozen product: 6-8 min.

### Categories

[Balls](#), [Ingredients](#), [Schouten's Variations](#), [Vegan\\*](#), [Ingredients](#), [Gourmet](#), [Wrap](#), [On a bun](#), [Meal component](#), [BBQ - Barbecue](#), [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

#### Free from

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

#### Contains

Soy, gluten containing grain, wheat

Packaging options



**Consumer packaging**  
Chilled



**Consumer box**  
Frozen



**Foodservice box**  
2.5/3 kg | Frozen



**Industry box**  
10 kg | Frozen

