

Bratwurst

Preheated vegetarian sausage based on vegetable proteins, with added iron and vitamin B12.

Ingredients

water, 11% vegetable proteins (**soy, wheat gluten**), onion, rapeseed oil, **free range egg white**, natural flavouring (**wheat**), starch (potato, tapioca), buffered vinegar powder (preserving ingredient), vinegar, spices, apple extracts, potassium chloride, salt, mineral (ferrous fumarate), vitamin B12



Nutrition value

	100 gram	Per portion (90 g)
Energy	697 kJ/166 kcal	627 kJ/149 kcal
Total fat	8.4 g	7.6 g
Saturated fat	0.7 g	0.6 g
Monounsaturated fat	5.3 g	4.8 g
Polyunsaturated fat	2.3 g	2.1 g
Carbohydrates	6.6 g	5.9 g
Of which sugars	0.7 g	0.6 g
Vezels	0.7 g	0.6 g
Proteins	15.8 g	14.2 g
Salt	1.0 g	0.9 g
Iron	7.0 mg	6.3 mg
Vitamin B12	0.5 mcg	0.5 mcg

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

* Recommended Daily Intake.

Method of preparation

Bake in oven : 15-17 minutes at 180°C. Turn once.

Fry in pan : 12-14 minutes on medium heat. Turn every now and then.

Deep frying : 3-4 minutes at 180°C.

Grill : Rub with (olive) oil. Grill for 15-17 minutes.

Categories

[Sausages](#), [Schouten's Classics](#), [Without palm oil](#), [On a bun](#), [Meal component](#), [Industry](#), [Out of home](#), [Retail](#)

Allergens

Free from

Milk, 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

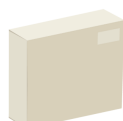
Egg, soy, gluten containing grain, wheat

Packaging options



Consumer packaging

Chilled



Consumer box

Frozen



Foodservice box

2.5/3 kg | Frozen



Industry box

10 kg | Frozen