schouten specialist in plant-based protein

NUTRI-SCORE A B C D E

P00276

Diced Ham



Experience the taste and texture of ham, fully vegetarian. These high-quality ham cubes deliver a delicious, juicy bite that is hardly distinguishable from traditional ham

claims • These vegetarian Ham Cubes contain protein from soy and wheat • Vegetarian • High protein • High in iron • Source of vitamin B12

based on calculated value

Ingredients

Water, 13% vegetable protein (**soy**, **wheat**), sunflower oil, free range **egg** white, starch (potato, **wheat**), natural flavouring (**egg**), **milk** protein, vinegar, spices, preservative (potassium acetates), garlic puree, smoke flavouring, dextrose, flavouring, salt, acid (citric acid), colour (E172), iron, vitamin B12.

Nutrition value

	100 gram	Per portion (100g)	RDI/GDA
Energy	857 kJ	857kJ	10
Energy	205 kcal	205kcal	10
Total fat	10g	10g	14
saturated fat	1.2g	1.2g	6
Carbohydrates	9.4g	9.4g	4
of which sugars	1.2g	1.2g	1
Fibres	0.8g	0.8g	
Proteins	18g	18g	36
Salt	1.8g	1.8g	30
iron	8.32mg	8.30mg	
vitamin B12	0.48mcg	0.50mcg	

Reference intake of an average adult (8400 kJ/2000 kcal).
* Recommended Daily Intake.

Method of preparation

Fry in pan : Frying pan: 3-4 minutes on medium heat. Stir every now and then.

Categories

Ingredients, Schouten's Classics, Stir-Fry products, Gourmet, Sauce, Bake-off, Pizza toppings, Soupe, Main course salad, Meal component, Bound salad, Industry, Out of home, Retail

Allergens

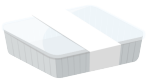
Aanwezig

Milk, egg, soy, gluten containing grain, wheat

Zonder

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

Packaging options



Consumer packaging
Chilled



Consumer box
Frozen



Foodservice box
2.5/3 kg | Frozen



Industry box
10 kg | Frozen

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