



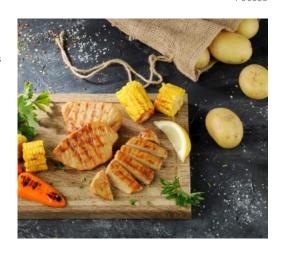
# **Fillet**

Discover the delicious taste and versatility of our Vegetarian Filet! This meat substitute offers a delectable, sustainable and plant-based option. The perfect opportunity to appeal to the growing number of flexitarians and expand your offer.

claims • This vegetarian Filet contains protein from soy and wheat • Vegetarian • One vegetarian Filet weighs 80 grams • High in iron • Source of vitamin B12 based on calculated value

## **Ingredients**

Water, 14% vegetable protein (SOY, WHEAT), vegetable oils (sunflower, rapeseed in veränderlichen Gewichtsanteilen), starch (potato, WHEAT), free range EGG white, natural flavouring (contains EGG), vinegar, spices, thickener (processed euchema seaweed), preservative (potassium acetates), acid (citric acid), Iron, salt, vitamin B12.



## **Nutrition value**

	100 gram	Per portion (80g)	RDI/GDA
Energy	804 kJ	643kJ	8
Energy	192 kcal	154kcal	8
Total fat	9.8g	7.8g	11
saturated fat	1.2g	1.0g	5
Carbohydrates	10g	8.0g	3
of which sugars	0.5g	0.4g	
Fibres	1.1g	0.9g	
Proteins	15g	12g	24
Salt	1.2g	0.96g	16
iron	9.07mg	7.30mg	
vitamin B12	0.53mcg	0.40mcg	

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

## Method of preparation

**Bake in oven**: Bake in a preheated oven at 180°C (hot air) until golden brown, turn once. Thawned product: 16-18 min. Frozen product: 22-24 min.

**Fry in pan**: Heat oil in a pan and fry until golden brown, turn frequently. Thawned product: 12-14 min, medium heat. Frozen product: 14-16 min, medium heat.

**Deep frying**: Fry in a preheated deep fryer at 180°C until golden brown. Thawned product: 3-4 min. Frozen product: 5-6 min. **Airfryer**: Bake in a preheated airfryer at 200°C until golden brown, turn once. Thawned product: 5-7 min. Frozen product: 8-10 min.

## **Categories**

Plant-based Chicken, Schnitzels, Meal component, BBQ - Barbecue

## **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

<sup>\*</sup> Recommended Daily Intake.

# Packaging options



**Consumer packaging**Chilled



**Consumer box** Frozen



Foodservice box 2.5/3 kg | Frozen



**Industry box** 10 kg | Frozen