

## Fillet

Discover the delicious taste and versatility of our Vegetarian Fillet! 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 Fillet contains protein from soy and wheat • Vegetarian • One vegetarian Fillet weighs 80 grams • High protein • 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 eucema seaweed), preservative (potassium acetates), acid (citric acid), Iron, salt, vitamin B12.

## Nutrition value

	100 gram	Per portion ( 80g)	RDI/GDA
Energy	816 kJ	653kJ	8
Energy	195 kcal	156kcal	8
Total fat	9.9g	7.9g	11
saturated fat	1.1g	0.9g	4
Carbohydrates	10g	8.0g	3
of which sugars	0.5g	0.4g	
Fibres	1.5g	1.2g	
Proteins	15g	12g	24
Salt	1.1g	0.88g	15
iron	9.07mg	7.30mg	
vitamin B12	0.53mcg	0.40mcg	

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: 16-18 min. Frozen product: 22-24 min.

**Fry in pan** : Heat oil in a pan and fry until golden brown, turn frequently. Thawed 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. Thawed product: 3-4 min. Frozen product: 5-6 min.

**Airfryer** : Bake in a preheated airfryer at 200°C until golden brown, turn once. Thawed 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



Packaging options

				
<b>Consumer packaging</b> Chilled	<b>Consumer box</b> Frozen	<b>Foodservice box</b> 2.5/3 kg   Frozen	<b>Industry box</b> 10 kg   Frozen	