schouten specialist in plant-based protein

NUTRI-SCORE A B C D E

P00338

Fillet



This fillet delivers the familiar structure and juicy bite of chicken — fully plant-based. Made with carefully selected ingredients, this fillet offers an accessible choice for a wide range of menus and target groups.

claims • This vegetarian Filet contains protein from soy and wheat • Vegetarian • One vegetarian Filet weighs about 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 varying proportions), 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	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. 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

Zonder

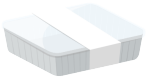
Milk, rye, fish, crustacean and shellfish, tree nuts, peanuts, sulphite, celery, sesame, lupine, mustard, molluscs, barley, oat, spelt, kamut, almond, hazelnuts, walnuts, cashewnut, pecan, Brazil nut, pistachio, macadamia nut

Aanwezig

Egg, soy, gluten containing grain, wheat

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Packaging options



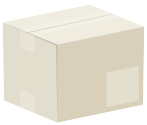
Consumer packaging
Chilled



Consumer box
Frozen



Foodservice box
2.5/3 kg | Frozen



Industry box
10 kg | Frozen