

Vegatarian Filet Marinated

Discover the delicious Vegetarian Marinated Filet with flavourful marinade and delicious chicken texture. This Filet fits perfectly with the current trends in meat substitutes, as chicken remains the most popular type of meat substitute.

claims • This vegetarian Marinated Filet contains protein from soy and wheat • Vegetarian • One vegetarian Filet weighs 90 grams • High in iron • Source of vitamin B12

based on calculated value

Ingredients

Water, 12% vegetable protein (SOY, WHEAT), vegetable oils (sunflower, rapeseed in varying proportions), starch (potato, WHEAT), free range EGG white, natural flavouring (contains WHEAT and EGG), spices, vinegar, dried vegetables (onion, leek, red bell pepper), thickeners (processed eucheama seaweed, xanthan gum), preservative (potassium acetates), garlic puree, acid (citric acid), Iron, salt, vitamin B12.

Nutrition value

	100 gram	Per portion (90g)	RDI/GDA
Energy	836 kJ	752kJ	9
Energy	200 kcal	180kcal	9
Total fat	12g	11g	15
saturated fat	1.3g	1.2g	6
Carbohydrates	9.0g	8.1g	3
of which sugars	0.5g	0.5g	1
Fibres	1.4g	1.3g	
Proteins	14g	13g	25
Salt	1.1g	0.99g	17
iron	8.15mg	7.30mg	
vitamin B12	0.47mcg	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: 14-16 min. Frozen product: 22-24 min.

Fry in pan : Heat oil in a pan and fry until golden brown, turn frequently. Thawed product: 10-12 min, medium heat.

Categories

[Plant-based Chicken](#), [Schnitzels](#), [Schouten's Classics](#), [On a bun](#), [Main course salad](#), [Meal component](#), [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

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