schouten specialist in plant-based protein

NUTRI-SCORE A B C D E

P00339

Vegatarian Filet Marinated



Tender fillet with a flavourful marinade and a familiar, chicken-like texture. Matches the popularity of chicken alternatives and is versatile for use in burgers, sandwiches, and meal salads.

claims • This vegetarian Marinated Filet contains protein from soy and wheat • Vegetarian • One vegetarian Filet weighs about 90 grams • High protein • 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 euchema 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. Thawned product: 14-16 min. Frozen product: 22-24 min.

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

Categories

Plant-based chicken, Schnitzels, Schouten's Classics, On a bun, Main course salad, Meal component, Retail

Allergens

Zonder

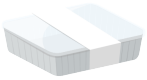
Milk, rye, fish, crustacean and shellfish, tree nuts, peanuts, sulphite, celery, sesame, lupine, mustard, molluscs, barley, oat, spelt, kamut, almond, hazelnuts, walnuts, cashewnut, pecan, Brazil nut, pistachio, macadamia nut

Aanwezig

Egg, soy, gluten containing grain, wheat

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Packaging options



Consumer packaging

Chilled