

Nuggets

Preheated and breaded vegetarian nuggets based on vegetable proteins.

Ingredients

water, **wheat flour**, 14% Vegetable proteins (**wheat**, pea), sunflower oil, **free range egg white**, vinegar, salt, modified corn starch, natural flavouring (**celery**), **milk protein (lactose)**, dextrose, spices

Produced in a facility that processes peanuts and nuts.



Nutrition value

	100 gram	Per portion (20 gram)	RDI/GDA
Energy	1123 kJ/268 kcal	225 kJ/54 kcal	3.0%
Proteins	18.5 gram	3.7 gram	7.0%
Carbohydrates	18.4 gram	3.7 gram	1.0%
Of which sugars	2.3 gram	0.5 gram	1.0%
Total fat	13.3 gram	2.7 gram	4.0%
Saturated fat	1.4 gram	0.3 gram	1.0%
Monounsaturated fat	4.2 gram	0.8 gram	
Polyunsaturated fat	7.6 gram	1.5 gram	
Fibres	0.5 gram	0.1 gram	
Salt	1.9 gram	0.4 gram	6.0%

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

* Recommended Daily Intake.

Method of preparation

Bake in oven: 9-11 minutes at 180°C. Turn once.

Fry in pan: 8-10 minutes on medium heat. Turn every now and then.

Deep frying: 3 minutes at 180°C.

Categories

[Plant-based Chicken](#), [Snacks](#), [Soy free](#), [Without palm oil](#), [Gourmet](#), [Meal component](#)

Allergens

Contains

Milk, egg, gluten containing grain, wheat, celery

Bevat niet

Soy, rye, fish, crustacean and shellfish, sulphite, sesame, lupine, mustard, molluscs, barley, oat, spelt, kamut, hazelnuts, walnuts

Kan bevatten

Tree nuts, peanuts, almond, cashewnut, pecan, Brazil nut, pistachio, macadamia nut

Packaging options



Consumer packaging

Chilled



Consumer box

Frozen



Foodservice box

2.5/3 kg | Frozen



Industry box

10 kg | Frozen