

Nut Burger

Preheated vegetarian burger based on nuts and vegetable proteins, with added iron and vitamin B12.

Ingredients

water, 31% **mixed nuts 31%** (cashew nuts, brazil nuts, almonds, macadamia nuts, pistachios, pecans), 9% vegetable proteins (soy, wheat gluten), free range egg white, starch (potato, wheat), dextrose, natural flavouring, sunflower oil, vinegar, garlic puree, salt, spices, mineral (ferrous fumarate), vitamin B12

Produced in a facility that processes peanuts and nuts.



Nutrition value

	100 gram	Per portion (60 gram)	RDI/GDA
Energy	1344 kJ/321 kcal	806 kJ/193 kcal	10.0%
Proteins	18.8 gram	11.3 gram	23.0%
Carbohydrates	10.5 gram	6.3 gram	2.0%
Of which sugars	4.5 gram	2.7 gram	3.0%
Total fat	22.2 gram	13.3 gram	19.0%
Saturated fat	3.7 gram	2.2 gram	11.0%
Monounsaturated fat	12.1 gram	7.3 gram	
Polyunsaturated fat	6.3 gram	3.8 gram	
Fibres	3.0 gram	1.8 gram	
Iron	7.0 milligram	4.2 milligram	
Vitamin B12	0.5 mcg	0.3 mcg	
Salt	1.6 gram	1.0 gram	16.0%

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: 5-7 minutes on medium heat. Turn every now and then.

Barbecue: Rub with (olive) oil. Grill on both sides for 3-4 minutes.

Grill: Rub with (olive) oil. Grill on both sides for 3-4 minutes.

Categories

[Burgers](#), [Schouten's Variations](#), [Without palm oil](#), [On a bun](#), [Meal component](#), [BBQ - Barbecue](#), [Retail](#), [Out of home](#), [Industry](#)

Allergens

Bevat niet

Milk, rye, fish, crustacean and shellfish, sulphite, celery, sesame, lupine, mustard, molluscs, barley, oat, spelt, kamut

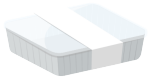
Contains

Egg, soy, gluten containing grain, wheat, tree nuts, almond, cashewnut, pecan, Brazil nut, pistachio, macadamia nut

Kan bevatten

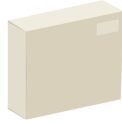
Peanuts, hazelnuts, walnuts

Packaging options



Consumer packaging

Chilled



Consumer box

Frozen



Foodservice box

2.5/3 kg | Frozen



Industry box

10 kg | Frozen