schouten specialist in plant-based protein

Schnitzel

Preheated and breaded vegetarian schnitzel based on vegetable proteins, with added iron and vitamin B12.



claims •

based on calculated value

Ingredients

water, 16% vegetable protein (**soy**, **soy protein concentrate**, **wheat gluten**), breadcrumbs (**wheat**), sunflower oil, **free range egg white**, **wheat flour**, vinegar, starch (potato, **wheat**), natural flavouring (**celery**), salt, spices, mineral (ferrous fumarate), vitamin B12

Nutrition value

	100 gram	Per portion (100g)
Energy	995 kJ	995kJ
Energy	238 kcal	238kcal
Fat	12g	12g
of which saturates	1.3g	1.3g
monounsaturated fat	3.9g	3.9g
polyunsaturated fat	7.0g	7.0g
Carbohydrates	15g	15g
of which sugars	1.2g	1.2g
Fibres	4.0g	4.0g
Proteins	15g	15g
Salt	1.9g	1.9g
iron	7.00mg	7.00mg
vitamin B12	0.50mcg	0.50mcg

Reference intake of an average adult (8400 kJ/2000 kcal).
* Recommended Daily Intake.

Method of preparation

Bake in oven : 14-16 minutes at 180°C. Turn once.
Fry in pan : 5-7 minutes on medium heat. Turn every now and then.

Categories

Schnitzels, Schouten's Classics, Meal component, Industry, Out of home, Retail

Allergens

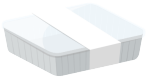
Free from
Milk, rye, fish, crustacean and shellfish, sulphite, sesame, lupine, mustard, molluscs, barley, oat, spelt, kamut, hazelnuts, walnuts

Contains
Egg, soy, gluten containing grain, wheat, celery

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

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www.schoutenfood.com · CoC 18059439 · VAT NL 8088 878 41 B01

Packaging options



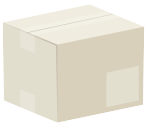
Consumer packaging
Chilled



Consumer box
Frozen



Foodservice box
2.5/3 kg | Frozen



Industry box
10 kg | Frozen