

## Skewers Without Stick

These skewers combine a juicy, tender texture with a neutral flavour that perfectly suits any marinade or seasoning. A high-quality chicken alternative that fits seamlessly into modern plant-based menus.

**claims** • These Skewers without Stick contain protein from soy and wheat • Vegetarian • One skewer weighs about 25 grams • High protein • High in iron • Source of vitamin B12

based on calculated value

### Ingredients

Water, 14% vegetable protein (SOY, WHEAT), vegetable oils (sunflower, rapeseed in varying proportions), free range EGG white, starch (potato, WHEAT), natural flavouring (contains EGG), WHEAT fibre, vinegar, spices, dextrose, preservative (potassium acetates), potassium chloride, acid (citric acid), salt, Iron, vitamin B12.

### Nutrition value

	100 gram	Per portion (100g)	RDI/GDA
Energy	772 kJ	772kJ	9
Energy	184 kcal	184kcal	9
Total fat	8.0g	8.0g	11
saturated fat	1.0g	1.0g	5
Carbohydrates	9.6g	9.6g	4
of which sugars	1.2g	1.2g	1
Fibres	2.4g	2.4g	
Proteins	17g	17g	34
Salt	1.1g	1.1g	18
iron	11.15mg	11.20mg	
vitamin B12	0.68mcg	0.70mcg	

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: 9-11 min. Frozen product: 16-18 min.

**Fry in pan** : Heat oil in a pan and fry until golden brown, turn frequently. Thawned product: 3-5 min, medium heat. Frozen product: 5-7 min, medium heat.

**Deep frying** : Fry in a preheated deep fryer at 180°C until golden brown. Thawned product: 1-2 min. Frozen product: 2-3 min.

**Airfryer** : Bake in a preheated airfryer at 200°C until golden brown, turn once. Thawned product: 3-5 min. Frozen product: 4-6 min.

### Categories

[Plant-based Chicken](#), [Schouten's Classics](#), [Snacks](#), [Meal component](#),  
[BBQ - Barbecue](#), [Industry](#), [Out of home](#), [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

## Packaging options



**Consumer packaging**

Chilled



**Consumer box**

Frozen



**Foodservice box**

2.5/3 kg | Frozen



**Industry box**

10 kg | Frozen