

## Stir-Fry Strips

These flavourful strips are an excellent alternative to meat, with a great texture and as a rich source of protein. Be surprised by their versatility.

**claims** • This vegetarian Filet contains protein from soya and wheat • Vegetarian • High protein • High in iron • Source of vitamin B12  
based on calculated value



### Ingredients

Water, 13% vegetable protein (SOY, WHEAT), vegetable oils (sunflower, rapeseed in varying proportions), starch (potato, WHEAT), free range EGG white, natural flavouring (contains EGG), vinegar, spices, preservative (potassium acetates), thickener (processed euchema seaweed), acid (citric acid), iron, vitamin B12.

### Nutrition value

	100 gram	Per portion (100g)	RDI/GDA
Energy	779 kJ	779kJ	9
Energy	186 kcal	186kcal	9
Total fat	9.4g	9.4g	13
saturated fat	1.1g	1.1g	6
Carbohydrates	9.6g	9.6g	4
of which sugars	0.5g	0.5g	1
Fibres	1.1g	1.1g	
Proteins	15g	15g	30
Salt	1.1g	1.1g	18
iron	8.36mg	8.40mg	
vitamin B12	0.48mcg	0.50mcg	

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

\* Recommended Daily Intake.

### Method of preparation

**Fry in pan** : Heat oil in a pan and fry until golden brown, turn frequently. Thawned product: 2-4 min, high heat. Frozen product: 3-5 min, high heat.

### Categories

[Plant-based Chicken](#), [Schouten's Classics](#), [Stir-Fry products](#), [Gourmet](#), [Sauce](#), [Wrap](#), [Bake-off](#), [Pizza toppings](#), [Main course salad](#), [Meal component](#), [Bound salad](#)

### 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