

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 eucheama 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. Thawed 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