

## Variations Spinach Cheese Rondo

A flavourful vegetarian meat alternative: this round snack combines the fresh taste of spinach with creamy mozzarella, wrapped in a crispy coating. Perfect for anyone looking for a tasty, nutritious addition to a hot meal.

**claims** • This Vegetarian Spinach Cheese Rondo contains protein from wheat and pea • Vegetarian • One vegan Burger weighs about 90 grams • High protein • High in iron • Source of vitamin B12

*based on calculated value*

### Ingredients

Vegetables (34% spinach, onion), WHEAT flour, MILK, water, vegetable oils (sunflower, rapeseed in varying proportions), vegetable WHEAT protein, OAT flakes, spices, vinegar, starch (WHEAT, pea, maize), basil, salt, garlic puree, preservative (potassium acetates), thickener (methyl cellulose), yeast, Iron, microbial rennet, starter culture, vitamin B12.

### Nutrition value

	100 gram	Per portion ( 100g)	RDI/GDA
Energy	920 kJ	920kJ	11
Energy	220 kcal	220kcal	11
Total fat	11g	11g	16
saturated fat	3.0g	3.0g	15
Carbohydrates	17g	17g	7
of which sugars	1.3g	1.3g	1
Fibres	2.3g	2.3g	
Proteins	12g	12g	24
Salt	1.0g	1.0g	17
iron	9.20mg	9.20mg	
vitamin B12	0.63mcg	0.60mcg	

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. Thawed product: 18-20 min. Frozen product: 26-28 min.

**Fry in pan** : Heat oil in a pan and fry until golden brown, turn frequently. Thawed product: 5-7 min, medium heat. Frozen product: 8-10 min, medium heat.

**Deep frying** : Fry in a preheated deep fryer at 180°C until golden brown. Thawed product: 3-4 min.

**Airfryer** : Bake in a preheated airfryer at 200°C until golden brown, turn once. Thawed product: 6-8 min. Frozen product: 10-12 min.

### Categories

[Burgers](#), [Schouten's Variations](#), [Soy free](#), [Gourmet](#), [On a bun](#), [Meal component](#), [Industry](#), [Out of home](#), [Retail](#)

### Allergens

#### Aanwezig

Milk, gluten containing grain, wheat, oat

#### Zonder

Egg, soy, fish, crustacean and shellfish, tree nuts, peanuts, sulphite, celery, sesame, lupine, mustard, molluscs, almond, hazelnuts, walnuts, cashewnut, pecan, Brazil nut, pistachio, macadamia nut

#### May contain

Rye, barley, spelt, kamut

## Packaging options



**Consumer packaging**

Chilled



**Consumer box**

Frozen



**Foodservice box**

2.5/3 kg | Frozen



**Industry box**

10 kg | Frozen