

Vegan Nofish filet

Art.nr:	57143
Product description:	Vegan Nofish filet
EAN-code product:	5412158057143
EAN-code carton	5412158059185 (x 6) 5412158057457 (x 8)
Custom-code:	21069092
Ingredients:	water, marinade (15%) (rapeseed oil, shea butter, herbs, spices (0.5%), lemon (0.3%), salt, food acid (citric acid), spice extract), TARWE protein (15%), rapeseed oil, starch (contains TARWE), emulsifier (methyl cellulose, cellulose), acidity regulators (potassium lactate, potassium acetate), salt, maltodextrin, natural flavors, spices. May contain SOY, CELERY, MUSTERD and SESAME.
Allergens:	Contains gluten, wheat. May contain traces of soybeans, sesame seeds, mustard, celery. Does not contain nuts, lupine, oats, fish, lactose, molluscs, peanuts, eggs, milk, crustaceans, sulphur dioxide and sulphites.
Weight:	160
Storage:	Can be kept in the refrigerator for 24 hours after opening. Defrosted product. Do not refreeze. Keep refrigerated 7°C MAX.
Usage:	IN THE PAN: Heat some oil in a pan over medium-high heat. Add the vegan Nofish filets to the pan and fry for about 6 minutes until they have the desired crust. Turn regularly.
Dimensions:	13,5 cm W x 17,5 cm H x 4,0 cm D

Nutritional values	portie/portion	
	100 g	80 g
Energy kJ	1146	917
Energy kcal	276	221
Fats	21,4 g	17,1 g
saturated fats	2,1 g	1,7 g
Carbohydrates	7,4 g	5,9 g
sugars	0,5 g	0,4 g
Food fibres	2,8 g	
Protein	13,1 g	10,5 g
Salt	1,50 g	1,20 g

