

# VEKE® Nutrition Information

## COOKED PRE-SEASONED FROZEN PRODUCTS ❄️



VEKE® VEGGIEBALLS	g /100g
Energy kJ	690
Energy kcal	165
Fat	8,8
of which saturated fat	6,4
Carbohydrates	6,5
of which sugar	0,7
Fiber	4,7
Protein	14,9
Salt	0,9

### Preparation:

- fry in a pan for 3 - 5 minutes
- bake in the oven at 170 °C for 10 - 12 minutes
- deep-fry at 178 °C for 2 - 3 minutes

### Vegan

#### Ingredients:

Water, vegetable proteins (**wheat**, pea, broad bean), vegetable oils (coconut, canola), fibres (bamboo, pea), methylcellulose, modified potato starch, iodized salt, sugar, spirit vinegar, seasonings (black and green peppers, allspice, garlic), onion, natural flavouring, lemon, beet juice concentrate, caramelised sugar.

#### Allergens: Gluten

Manufactured in a facility which processes soy.



VEKE® SOY FINGERS	g /100g
Energy kJ	557
Energy kcal	131
Fat	0,8
of which saturated fat	0,2
Carbohydrates	19,3
of which sugar	1,8
Fiber	4,3
Protein	11,2
Salt	1,4

### Preparation:

- deep-fry at 178 °C for 1 - 2 minutes

### Vegan

#### Ingredients:

Water, **soy** protein concentrate 14%, breading (**wheat** flour, **wheat** starch, modified maize starch), **wheat** gluten, salt, yeast, yeast extract, paprika extract, seasonings (black and white peppers, garlic, cayenne, chili).

**Allergens:** Soy, gluten

**Origin of soy:** Europe



VEKE® NUGGETS	g /100g
Energy kJ	674
Energy kcal	160
Fat	5
of which saturated fat	2,4
Carbohydrates	14,6
of which sugar	2,1
Fiber	3,9
Protein	13,3
Salt	0,9

### Preparation:

- using plenty of oil, fry in a pan for 3 - 5 minutes
- bake in the oven at 170 °C for 10 - 12 minutes
- deep-fry at 178 °C for 2 - 3 minutes

### Vegan

#### Ingredients:

Water, vegetable proteins (**wheat**, pea, broad bean), vegetable oils (coconut, canola), fibres (bamboo, pea), **wheat** flour, **wheat** starch, **wheat** gluten, emulsifiers (methylcellulose), modified starch (potato, maize), iodized salt, sugar, spirit vinegar, seasonings (black and green peppers, garlic, chili), natural flavouring, lemon, yeast.

#### Allergens: Gluten

Manufactured in a facility which processes soy.



VEKE® PULLED SOY TEX-MEX	g /100g
Energy kJ	361
Energy kcal	85
Fat	0,5
of which saturated fat	0,1
Carbohydrates	7,0
of which sugar	0,8
Fiber	6,8
Protein	14,8
Salt	1

### Preparation:

- fry in a pan for 3 - 5 minutes, turning every so often

### Vegan, gluten-free

#### Ingredients:

**Soy** crisps, water, rapeseed oil, tomato purée, cane sugar, sugar, green bell pepper, modified starch, citrus fibre, seasonings (garlic, black pepper, chili, oregano, thyme, cumin, paprika, onion powder, ginger, cinnamon, rosemary), vinegar, salt, preservatives (E202, E211), thickening agent (pectin).

#### Allergens: Soy

**Origin of soy:** Europe



VEKE® VEGGIE BURGER PATTIES	g /100g
Energy kJ	894
Energy kcal	215
Fat	14,5
of which saturated fat	9,9
Carbohydrates	6,5
of which sugar	0,8
Fiber	4,3
Protein	14,9
Salt	1,3

### Preparation:

- fry in a pan for approx. 3 minutes per side
- in the oven at 170 °C for 7 - 10 minutes

### Vegan

#### Ingredients:

Water, vegetable proteins (**wheat**, pea, broad bean), vegetable oils (coconut, canola), fibres (bamboo, pea), methylcellulose, modified potato starch, iodized salt, sugar, spirit vinegar, seasonings (black and green peppers, garlic), natural flavouring, lemon, beet juice concentrate, caramelised sugar.

#### Allergens: Gluten

Manufactured in a facility which processes soy.



# VEKE® Nutrition Information

UNCOOKED UNSEASONED DRY PRODUCTS 



VEKE® SOY STRIPS	g /100g
Energy kJ	1301
Energy kcal	311
Fat	0,6
of which saturated fat	0,1
Carbohydrates	22,5
of which sugar	1,8
Fiber	20,7
Protein	64,2
Salt	0,3

**Preparation:**

- soak/cook in water for approx. 2 minutes
- fry in a pan for 3 – 5 minutes, turning every so often
- season

**Vegan, gluten-free**

**Ingredients:**

Soy protein concentrate, water.

**Allergens:** Soy

**Origin of soy:** Europe