

VEGGOFIX MEATY MINCE

EN Plant based alternative to minced meat

Ingredients: soy and wheat proteins, oat flour, wheat semolina, onion, garlic, maltodextrin, potato starch, smoked paprika, allspice, lovage, chili, thyme, cocoa, flavor enhancer: monosodium glutamate, salt, vitamin B12.

Contains soy and gluten. Produced in a facility that processes allergens such as peanuts, tree nuts, celery, mustard, sesame, lupine, sulfites, milk, egg, and fish. Store in a cool dry place.

Nutritional values for 100g dry blend: Energy 347Kcal/1465KJ, Fats 3.7g of which saturated fat 1.1g, Carbohydrates 29.4g of which sugars 3.8g, Fibers 9.8g, Protein 44.1g, Salt 1.7g, Potassium 1.0g, Vitamin B12 2.5µg

Nutritional values for 100g serving*: Energy 234Kcal/978KJ, Fats 8.7g of which saturated fat 1.3g, Carbohydrates 14.7g of which sugars 1.9g, Fibers 4.9g, Protein 22.1g, Salt 0.8g, Potassium 0.5g, Vitamin B12 1.25µg

*After preparation with water and sunflower oil

Preparation: Mix 200g of dry blend with 250ml (1 cup) of water. Let it hydrate over 3 minutes for a firmer mince. Pour 1-2 tbsp of oil in a frying pan or in the mixture (for baking). Make shapes like with minced meat. Fry for 6-12 min at medium heat or bake for 15-20 min at 200°C. Thin shapes cook faster. Stir fried mince is done in 5 min. Cook till golden brown for best results.

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HR Biljna alternativa mljevenom mesu

Sastojci: proteini soje i pšenice, zobeno brašno, pšenična krupica, luk, češnjak, maltodekstrin, krumpirov škrob, dimljena paprika, piment, ljupčac, čili, majčina dušica, kakao, pojačivač okusa: mononatrijev glutamat, sol, vitamin B12.

Sadrži soju i gluten. Proizvedeno u postrojenju koje obrađuje alergene kao što su kikiriki, orašasti plodovi, celer, senf, sezam, lupina, sulfiti, mlijeko, jaja i riba. Čuvati na hladnom i suhom mjestu.

Nutritivne vrijednosti za 100g suhe mješavine: Energija 347Kcal/1465KJ, Masti 3,7g od čega zasićene masti 1,1g, Ugljikohidrati 29,4g od čega šećeri 3,8g, vlakna 9,8g, Proteini 44,1g, Sol 1,7g, Kalij 1,0g, Vitamin B12 2,5µg

Nutritivne vrijednosti za porciju od 100g*: Energija 234Kcal/978KJ, Masti 8,7g od čega zasićene masti 1,3g, Ugljikohidrati 14,7g od čega šećeri 1,9g, vlakna 4,9g, Proteini 22,1g, Sol 0,8g, Kalij 0,5g, Vitamin B12 1,25µg

*Nakon pripreme s vodom i suncokretovim uljem

Priprema: Pomiješajte 200 g suhe mješavine sa 250 ml (1 šalica) vode. Pustite da se hidratizira tijekom 3 minute za čvršće mljevenje. U tavu ili smjesu (za pečenje) ulijte 1-2 žlice ulja. Praviti oblike kao kod mljevenog mesa. Pržite 6-12 min na srednjoj temperaturi ili pecite 15-20 min na 200°C. Tanki oblici se brže kuhaju. Mljeveno meso je gotovo za 5 min. Kuhajte dok ne porumeni za najbolje rezultate.

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