

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.

Produced in EU for VEGGOFIX FOODS SRL.

DK Plantebaseret alternativ til hakket kød

Ingredienser: soja- og hvedeproteiner, havremel, hvedegryn, løg, hvidløg, maltodextrin, kartoffelstivelse, røget paprika, allehånde, løvstikke, chili, timian, kakao, smagsforstærker: mononatriumglutamat, salt, vitamin B12. Indeholder soja og gluten. Produceret i et anlæg, der behandler allergener såsom jordnødder, træ nødder, selleri, sennep, sesam, lupin, sulfitter, mælk, æg og fisk. Opbevares på et køligt og tørt sted.

Næringsværdier for 100g tørblanding: Energi 347Kcal/1465KJ, Fedtstoffer 3,7g heraf mættet fedt 1,1g, Kulhydrater 29,4g heraf sukkerarter 3,8, Fibre 9,8g, Protein 44,1g, Salt 1,7g, Kalium 1.0g, Vitamin B12 2.5µg

Næringsværdier for 100g servering*: Energi 234Kcal/978KJ, Fedtstoffer 8,7g heraf mættet fedt 1,3g, Kulhydrater 14,7g heraf sukkerarter 1,9, Fibre 4,9g, Protein 22,1g, Salt 0,8g, Kalium 0,5g, Vitamin B12 1,25µg

*Efter tilberedning med vand og solsikkeolie

Forberedelse: Bland 200 g tør blanding med 250 ml (1 kop) vand. Lad det hydrere i 3 minutter for en fastere hakket. Hæld 1-2 spsk olie i en bradepande eller i blandingen (til bagning). Lav former som med hakket kød. Steg i 6-12 min ved middel varme eller bag i 15-20 min ved 200°C. Tynde former koger hurtigere. Wokstegt fars er færdig på 5 min. Kog til gyldenbrun for det bedste resultat.

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