

## CREAVEG VEGANMEAT Minced bean-based product

<b>Nutrient content in 100g of product</b>	<b>100 g</b>
<b>Energy</b>	<b>668 KJ / 160 Kcal</b>
<b>Fat</b>	<b>8,3 g</b>
- saturated with it	6,6 g
<b>Carbohydrate</b>	<b>2,8 g</b>
- of which sugar	<0,5g
<b>Protein</b>	<b>15g</b>
<b>Salt</b>	<b>1,5 g</b>

**Ingredients:** drinking water, textured fava bean protein 25% (made in EU), cocunut fat 7%, corn fiber 3,5%, beetroot powder, salt, corn starch, stabiliser (E461), yeast extract.

**Storage:** between 0-5 °C.

**Consumption:** until the date indicated on the package (day/month/year).

**Manufacturer:** Creaveg Zrt. H-1203 Budapest, Zodony u. 3.

**Netto:** 200 gramm (30 g prot., 320 kcal) 100 gramm/160 kcal

**Preparation:** it can be consumed after 10 minutes of heat treatment. Recommended for the preparation of shaped dishes (eg. slices, burgers, csevap, meatballs) after seasoning and shaping. The product can be frozen. Best to consume immediately.

## CREAVEG VEGANMEAT Crumbled pea-based product

<b>Nutrient content in 100g of product</b>	<b>100 g</b>
<b>Energy</b>	<b>525 KJ / 126 Kcal</b>
<b>Fat</b>	<b>2,3 g</b>
- saturated with it	<0,5 g
<b>Carbohydrate</b>	<b>1,7 g</b>
- of which sugar	<0,5g
<b>Protein</b>	<b>23g</b>
<b>Salt</b>	<b>1,5 g</b>

**Ingredients:** drinking water, textured pea protein 34% (made in EU), salt

**Storage:** between 0-5 °C.

**Consumption:** until the date indicated on the package (day/month/year).

**Manufacturer:** Creaveg Zrt. H-1203 Budapest, Zodony u. 3.

**Netto:** 200 gramm (46 g prot., 252 kcal) 100 gramm/126 kcal

**Preparation:** it can be consumed after 10 minutes (min. 100°C) of heat treatment. Ragout, for casserole dishes, recommended to replace roasted minced meat (eg. bolognese stew, casserole cauliflower). The product can be frozen. Best to consume immediately.

## CREAVEG VEGANFOOD Bolognese

<b>Nutrient content in 100g of product</b>	<b>100 g</b>
<b>Energy</b>	<b>322 KJ / 77 Kcal</b>
<b>Fat</b>	<b>3,5 g</b>
- saturated with it	<0,5 g
<b>Carbohydrate</b>	<b>5,8 g</b>
- of which sugar	4,5 g
<b>Protein</b>	<b>5,2 g</b>
<b>Salt</b>	<b>1,5 g</b>

**Összetevők:** drinking water, textured pea protein 34% (made in EU), salt, cooking oil, onion, carrot, tomato puree, spices, yeast extract.

**Storage:** between 0-5 °C.

**Consumption:** until the date indicated on the package (day/month/year).

**Manufacturer:** Creaveg Zrt. H-1203 Budapest, Zodony u. 3.

**Netto:** 300 gramm (15,6 g prot., 231 kcal) 100 gramm/77 kcal

**Preparation:** it can be consumed after 3 minutes of heat treatment in a microwave (900W). The product can be frozen. Best to consume immediately.

## CREAVEG VEGANFOOD Burger

<b>Nutrient content in 100g of product</b>	<b>100 g</b>
<b>Energy</b>	<b>653 KJ / 156 Kcal</b>
<b>Fat</b>	<b>8,3 g</b>
- saturated with it	5,7 g
<b>Carbohydrate</b>	<b>3 g</b>
- of which sugar	1,1 g
<b>Protein</b>	<b>15,5 g</b>
<b>Salt</b>	<b>2 g</b>

**Ingredients:** drinking water, textured pea protein 25% (made in EU), cocunut fat 7,5%, corn fiber 3,8%, beetroot, salt, corn starch, stabiliser (E461), **mustard** (drinking water, vinegar, **mustard-seed**, sugar, salt, spices), onion, spices, yeast extract.

**Storage:** between 0-5 °C.

**Consumption:** until the date indicated on the package (day/month/year).

**Manufacturer:** Creaveg Zrt. H-1203 Budapest, Zodony u. 3.

**Netto:** 200 gramm (31 g prot., 312 kcal) 100 gramm/156 kcal

**Preparation:** fry on minimal fat for 5 minutes. The product can be frozen. Best to consume immediately.

## CREAVEG VEGANFOOD Meatballs

<b>Nutrient content in 100g of product</b>	<b>100 g</b>
<b>Energy</b>	<b>613 KJ / 176 Kcal</b>
<b>Fat</b>	<b>6,4 g</b>
- saturated with it	4,6 g
<b>Carbohydrate</b>	<b>15,3 g</b>
- of which sugar	<0,5 g
<b>Protein</b>	<b>11,7 g</b>
<b>Salt</b>	<b>2,4 g</b>

**Ingredients:** drinking water, textured fava bean protein 25% (made in EU), cocunut fat 7%, corn fiber 3,5%, beetroot powder, salt, corn starch, stabiliser (E461), **mustard** (drinking water, vinegar, **mustard-seed**, sugar, salt, spices), spices, yeast extract.

**Storage:** between 0-5 °C.

**Consumption:** until the date indicated on the package (day/month/year).

**Manufacturer:** Creaveg Zrt. H-1203 Budapest, Zodony u. 3.

**Netto:** 200 gramm (26,6 g prot., 294 kcal) 100 gramm/147 kcal

**Preparation:** fry on minimal fat for 5 minutes. The product can be frozen. Best to consume immediately.

## CREAVEG VEGANFOOD Schnitzel

<b>Nutrient content in 100g of product</b>	<b>100 g</b>
<b>Energy</b>	<b>740 KJ / 176 Kcal</b>
<b>Fat</b>	<b>6,4 g</b>
- saturated with it	4,6 g
<b>Carbohydrate</b>	<b>15,3 g</b>
- of which sugar	<0,5 g
<b>Protein</b>	<b>11,7 g</b>
<b>Salt</b>	<b>2,4 g</b>

**Ingredients:** drinking water, textured fava bean protein 25% (made in EU), gluten-free bread crumbs 15%, cocunut fat 7%, gluten-free powder 5,6%, corn fiber 3,5%, beetroot powder, salt, corn starch, stabiliser (E461), yeast exteact.

**Storage:** between 0-5 °C.

**Consumption:** until the date indicated on the package (day/month/year).

**Manufacturer:** Creaveg Zrt. H-1203 Budapest, Zodony u. 3.

**Netto:** 200 gramm (23,8 g prot., 388 kcal) 100 gramm/194 kcal

**Elkészítés:** 180°C, in a pan, in fat. It can be consumed after 5 minutes of heat treatment. The product can be frozen. Best to consume immediately.