

VEGAN BBQ BITES

with BBQ flavour and high fiber content

SEITAN BASE MASS – PHASE A

	% W/W
Organic Vital Wheat Gluten (AGRANA: 22.575)	23.72
Organic AGENAFIBER (AGRANA: 19.050)	3.56
Water	46.86

MARINADE – PHASE B

	% W/W
Organic tomato purée (3X – concentrate)	11.86
Organic soya sauce (dark)	5.93
Organic soya sauce (light)	1.78
Organic garlic granulate	1.19
Organic pepper (black)	0.24
Organic yeast extract (AGRANO: type N)	0.12
Water	2.37
Organic sunflower oil	2.37

9 INGREDIENTS

Water, WHEAT PROTEIN*, tomato purée*, soya sauce* (water, sugar, SOYA BEANS, WHEAT FLOUR, salt), potato fiber*, sunflower oil*, garlic*, pepper*, yeast extract*

*of organic origin

TABLE OF NUTRITIONAL VALUES

Average nutritional values per 100 g of product	
Energy (kJ/kcal)	1490 / 356
Fat (g)	7.7
... thereof saturated fatty acids (g)	0.6
Carbohydrates (g)	20.2
... thereof sugar (g)	13.8
Dietary fibres (g)	7.9
Protein (g)	51.4
Salt content (g)	2.4
Bread units	approx. 1.7

„This formulation is indicative only and no responsibility can be assumed. It is presented in good faith and is offered solely for your consideration, investigation and verification. It is your responsibility to thoroughly test any formulations before use. All those who use our formulations as well as those who process AGRANA Starches are themselves responsible for the adherence to prevailing statutory regulations and the observance of patent rights as well as other protective rights for other companies.“

Guideline

SUGGESTED PREPARATION

1. Mix the ingredients of the base mass (phase A) well and knead for 10 minutes, using a K-beater at medium speed, for example.
2. Briefly simmer the base mass in water (conditions depend on the weight).
3. Cut the base mass into the respective shape (e.g. thin strips of 20 g)
4. Boil/simmer the apportioned gluten base again (conditions depending on weight)
5. Mix the marinade (phase B), marinate the base mass in it, and store in a cool place
6. Cut the marinated seitan in strips (bites) and roast gently in a pan
7. Dry/smoke marinated Seitan strips at, e.g., 120°C for about 70 min
8. The shelf life varies according to the preparation steps

CHARACTERISTICS

- Declaration "high protein content" (> 20% protein content in energy content)
- declaration "high fiber content" (> 6 g fiber/100 g product)
- Ready-to-eat snack
- Clean Label
- Organic
- Vegan