

Oumph! Salty and Smoky Plant Protein

Food for Progress Scandinavia AB



2.3 Reviewer Rating

out of 5

50 Reviewers



CMR Ref: 190102

27

Score out of 50

Average for the category: 34

Verdict

Not a new concept, but these frozen chunks of soya protein with salt and smoky flavouring from Sweden were attractively packaged. Open to considering alternatives nowadays, the distinctive "rubbery" Texture of the soya still proved to be a key polarising factor, as was the 'smoky' taste. It was also pricey at £3.49 for 280g and as such considered poor value for money.

Price **£3.49**

Weight / Volume **280g**

Tried & Tested by people like you...

Consumer Reviews	Star Rating	% Who Rated	Reviewer Comments*
	★★★★★	2%	<i>I enjoyed it. Texture was a little watery/ spongy but not enough to put me off. If I was on the hunt for a meat substitute, I would be happy to buy.</i>
	★★★★☆	12%	<i>Good flavour, texture - enjoyed the smoky taste</i> <i>Love the packaging and smelled nice. Was impressed with the taste and texture, nicer than alternatives I've tried. Too expensive though so I would only buy on special offer.</i> <i>Is good enough to share knowledge with my friends but I'm not sure about the texture if I like it</i>
	★★★☆☆	34%	<i>It was a good stand by would be nice with a bit of sauce</i> <i>Surprisingly tasty, mouth feel unusual</i> <i>The fleshier pieces taste like gristle</i>
	★★★☆☆	18%	<i>A good alternative to chicken</i> <i>Bit rubbery but would be nice in a stir fry</i> <i>Tough and chewy, very salty, not for me</i>
	★★☆☆☆	34%	<i>It just tasted of smoke and the texture was too slippery</i> <i>Chewy tasteless not for me</i> <i>Very rubbery</i>

* Reported verbatim as made by our reviewers

Ingredients

Water, Soya Protein Concentrate (21%), Sunflower Oil, Salt, Maltodextrin, Onion, Grape Sugar, Tomato, Black Pepper, Yeast Extract, Dried Lemon Juice, Burned Sugar, Paprika Flavouring, Smoked Salt

Nutrition per 100 g/ml

Energy (Kcal)	Total Fat (g)	Sat Fat (g)	Carb (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
121	4.4	0.4	2.8	0.9	4.9	15	2.2

Recommended Daily Allowance (%)

Energy (Kcal)	Total Fat (g)	Sat Fat (g)	Carb (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
6%	6%	2%	1%	1%	20%	30%	37%

Daily Intake percentages are based on the requirements for an average female with no special dietary requirements and an assumed energy intake of 2000 kcal.