

# 35691 - Falafel Gluten Free



Allergy Friendly FALAFEL, with Spiced Sunflower Seed Tahini - This is a Sesame Free & Gluten free Vegan version of a well known Mediterranean favorite, which is Crunchy outside, moist inside , bursting with rich traditional aromatic spices and fragrant flavors. Great as a satisfying snack, as the centerpiece of a sandwich wrap or add a big salad or side dish for a quick heart...



## MARKETING

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## Nutrition Facts

1 Servings per container	
<b>Serving Size</b>	<b>6.0 OZ</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>430</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 20 g	<b>26%</b>
Saturated Fat 2 g	<b>10%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 390 mg	<b>17%</b>
<b>Total Carbohydrates</b> 54 g	<b>20%</b>
Dietary Fiber 14 g	<b>50%</b>
Total Sugars 8 g	
Includes 2 g Added Sugars	<b>%</b>

<b>Protein</b> 15 g	
Vitamin D 0 mcg	0%
Calcium 140 mg	10%
Iron 5.8 mg	30%
Potassium 600 mg	15%

\* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## PRODUCT SPECIFICATIONS

Code	GTIN	Pack Description				
FLFL	10860028000522	12/6 OZ				
Brand		Brand Owner		GPC Description		
Global Village Foods		Global Village Foods		Eggs Products/Substitutes		
Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition	
5.2 LBR	4.2 LBR	No	United States	Undeclared	No	
Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
14 INH	10 INH	8 INH	0.65 FTQ	12x10	346 Days	-5 FAH / -2.5 FAH
Traceability Regulation						
Regulation Type Code	Regulatory Act	Trade Item Regulation Compliant	Regulation Restrictions and Descriptors			
N/A	N/A	N/A	N/A			

## HANDLING SUGGESTIONS

Keep refrigerated to 7 day use by date applied by point of purchase retail outlet. ---UNIT UPC: 860028000525---

## ALLERGENS

C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; INII = 'Intentionally nor Inherently Included'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

- (Milk) Milk - MC
- (Peanut) Peanuts - N
- (Egg) Eggs - N
- (Tree Nut) Tree - N
- (Soybean) Soybean - MC
- (Fish) Fish - N
- (Wheat) Wheat - MC
- (Shellfish) Shellfish - N
- (Sesame) Sesame - N
- (!) Crustaceans - N
- (!) Molluscs - N

## INGREDIENTS

Chickpeas, Water, Onion, Sunflower Seeds, Rice Flour, Canola Oil, Rice Vinegar, Flaxseed, Garlic, Arrowroot Starch, Lime Juice, Parsley, Coriander, Oil, Sunflower, High Oleic (70% And Over), Sugar, Black Pepper, Cumin, Salt, Baking Soda, Marjoram, Cayenne Pepper, Oregano, Cumin Seed

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### PREPARATION & COOKING SUGGESTIONS

OVEN- heat to taste on oven safe pan or sheet and heat a 375° fro 5 to 7 minutes  
MICROWAVE - heat to taste on safe dish for 30 to 60 seconds. Add more time as desired

### SERVING SUGGESTIONS

Heat and serve as a snack, a quick lunch or add a salad or side dish to make a full meal

### MORE INFORMATION