

# 234254 - Traditional Falafel

Our falafel is made with simple ingredients: soaked chickpeas, non-irradiated spices and baking soda. They are vegan, gluten-free and made from Non-GMO Project Verified ingredients that are ready to heat & serve.



## MARKETING

Afia Falafel is made with simple ingredients: soaked chickpeas, non-irradiated spices and baking soda. They can be enjoyed as a snack, in a wrap, on a tapas platter.

## Nutrition Facts

36 Servings per container

**Serving Size** **3.0 PC**

**Amount Per Serving**  
**Calories** **170**

% Daily Value\*

**Total Fat** 7 g **9%**

Saturated Fat 1 g **5%**

Trans Fat 0 g

**Cholesterol** 0 mg **0%**

**Sodium** 360 mg **16%**

**Total Carbohydrates** 22 g **8%**

Dietary Fiber 4 g **14%**

Total Sugars 3 g

Includes 0 g Added Sugars **0%**

**Protein** 7 g

Vitamin D 0 mcg 0%

Calcium 20 mg 2%

Iron 2.4 mg 15%

Potassium 250 mg 6%

\* 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		
FS-BFL-LG		10850002949091		2/3 LB		
Brand	Brand Owner	GPC Description				
Afia	Afia LLC	Grain Based Products / Meals - Not Ready to Eat - Savoury (Frozen)				
Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition	
6.5 LBR	6 LBR	No	United States	Undeclared	No	
Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
10 INH	10 INH	4.5 INH	0.26 FTQ	16x14	695 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 frozen-----

## ALLERGENS

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

- Milk - N
- Eggs - N
- Soybean - N
- Wheat - N
- Sesame - N
- Molluscs - N
- Peanuts - N
- Tree - N
- Fish - N
- Shellfish - N
- Crustaceans - N

## INGREDIENTS

garbanzo beans, water, sunflower oil, onion, baking soda, salt, cilantro, cumin, parsley, garlic, cayenne pepper

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### PREPARATION & COOKING SUGGESTIONS

**BAKING** (Oven, toaster convection): Heat the oven to 425°F, bake for 10-12min  
**FRYER:** Thaw Falafel from frozen in cooler, fry at 375°F for 2min  
Cooking appliances vary. These instructions are given only as a guide. Ensure that the product is hot and internal temperature reaches 165°F or 74°C before serving

### SERVING SUGGESTIONS

Straight from frozen - fry at 365F for 4.5 - 5 minutes until golden brown.

### MORE INFORMATION