



Specification 16th May 2023

MINI FALAFEL BOX (2x1.5kg)

Product Information

- Falafel MINI Balls made with Chickpeas, Broad beans, Onions, Coriander, Parsley and Spices.
- A Fully Cooked Product.
- Approximately 1.5kg, two bags per case.
- Bag Net weight 1.5kg, net weight Case 3kgs. would contain approximately 215 pieces
- Pallet: 9 cases per layer, 15 layers to a pallet. Total cases 135

Ingredients and Allergy Advice

- Chickpeas (40%), Broad beans (37%), Onions, Rapeseed Oil, Parsley, Coriander, Water, Cumin, Salt, Garlic, Sodium Bicarbonate, Ginger, Cardamom, White Pepper.
- For Allergens see ingredients in **bold**.
- Product is suitable for Vegetarians.
- Product is suitable for Vegans.
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Storage and Shelf Life

- Keep Frozen at -18C
- 1 year Shelf Life from date of manufacture.
- Once defrosted do not refreeze, keep chilled
- Consume within 7 days of defrosting.

Cooking Instructions

- Remove all packaging, Defrost for 30minutes before heating.
- Oven: heat from chilled at 180C/Gas 4, for 10 minutes.
- Grill heat: from chilled 180C/Gas 4 for 5 minutes.
- Microwave: heat from chilled on high for 1 minute.
- May be consumed cold after fully thawed, as product is fully cooked.

Nutritional Information

	Values Per 100g	Values per serving (4x30g)
Energy	218 kcal/906 kJ	261 kcal/1087 kJ
Fat	11g	13g
of which saturates	0.8g	0.9g
Carbohydrates	17g	21g
of which sugars	4.3g	5.2g
Protein	8.0g	9.6g
Salt	0.62g	0.75g

Food Safety & Declaration of Compliance

All products are produced in compliance with all relevant legislation.

Manufacturers

Flames Falafel

26 Standard Road,

London

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