

afia MEDITERRANEAN FALAFEL BOWL

CRISPY ONION & LENTIL



10oz Recycleable Bowl

A signature Middle Eastern dish of lentils, rice, and deeply caramelized onions - a comfort classic!

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Nutrition Facts

1 serving per container
Serving size 1 bowl (283g)

Amount per serving
Calories 460

	% Daily Value*
Total Fat 19g	24%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 650mg	28%
Total Carbohydrate 60g	22%
Dietary Fiber 5g	18%
Total Sugars 6g	
Includes 1g Added Sugars	2%
Protein 12g	24%
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 3.3mg	20%
Potassium 490mg	10%

* The % Daily Value (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.

INGREDIENTS: long grain rice, lentils (lentils, water, salt, calcium chloride), afia traditional falafel (soaked garbanzo beans, water, sunflower oil, onion, salt, coriander, cumin, baking soda, parsley, garlic, cayenne pepper), pomegranate dressing (water, sunflower oil, pomegranate juice concentrate, garlic, extra virgin olive oil, yeast extract, salt, citric acid, cardamon, cloves), red quinoa (red quinoa, water, salt), crispy onions (onions, sunflower oil), parsley, sunflower oil, yeast extract, salt

COOKING INSTRUCTIONS

MICROWAVE:

Remove tamperband seal. Heat container with the lid on. Microwave on high for 3.5 to 4.5 minutes, and mix. Caution: container will be hot.

STOVE TOP:

Remove contents from packaging into a skillet. Break up rice and vegetables, cook over medium heat for 5 minutes. Cook falafel for another 3 minutes until heated through. Mix and enjoy!

ADDED CRUNCH:

Remove frozen falafel from container and place falafel in air fryer at 375° for 8 to 10 minutes until crispy.

CHEF TIP:

After cooking, crumble falafel, mix and enjoy!

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.

SPECIFICATIONS

UNIT WEIGHT: 10oz

UNITS PER CASE: 6

CASE TOTAL WEIGHT: 3.8lbs

CASES PER PALLET: 200

SHELF LIFE (FROZEN): 24mo from production

Produced in a facility that may process wheat and sesame.

 **STORAGE:** Keep Frozen

THIS PRODUCT IS A READY TO COOK - IT IS NOT RTE



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