

afia MEDITERRANEAN FALAFEL BOWL

ROASTED PEPPERS & TOMATO



10oz Recycleable Bowl

A classic dish that has both
Lebanese and Turkish roots, full of
tomato flavor & garden vegetables.

UNIVERSITIES • MINI MARTS • WORKPLACE KITCHENS

Nutrition Facts

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

Amount per serving
Calories 390

	% Daily Value*
Total Fat 15g	19%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 670mg	29%
Total Carbohydrate 54g	20%
Dietary Fiber 5g	18%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 12g	24%
Vitamin D 1.2mcg	6%
Calcium 70mg	6%
Iron 3.9mg	20%
Potassium 750mg	15%

* 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, afia traditional falafel (soaked garbanzo beans, water, sunflower oil, onion, salt, coriander, cumin, baking soda, parsley, garlic, cayenne pepper), za'atar dressing (tomato concentrate [water, tomato paste, citric acid], za'atar [oregano, thyme, sesame seeds, sumac, salt], sunflower oil, extra virgin olive oil, aleppo pepper, garlic, onion, yeast extract, salt), roasted peppers, zucchini, pearl onions, kale, roasted pumpkin seeds (pumpkin seeds, sunflower or safflower oil, salt), sunflower oil, yeast extract, salt

CONTAINS: Sesame

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



AFIAFOODS.COM ♦  /afiafoods ♦ FOR MORE INFORMATION EMAIL: foodservice@afiafoods.com