

# afia MEDITERRANEAN FALAFEL BOWL

SWEET POTATO & KALE



10oz Recycleable Bowl

A warm, vibrant popular dish  
consumed in most areas of the  
Arabian Peninsula.

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## Nutrition Facts

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

Amount per serving  
**Calories 460**

	% Daily Value*
<b>Total Fat</b> 17g	<b>22%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 690mg	<b>30%</b>
<b>Total Carbohydrate</b> 69g	<b>25%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 10g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 12g	<b>24%</b>
Vitamin D 0mcg	0%
Calcium 90mg	6%
Iron 3.5mg	20%
Potassium 660mg	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), kale, sweet potatoes, lemon vinaigrette (water, sunflower oil, natural flavor, extra virgin olive oil, lemon juice concentrate, turmeric), sweetcorn, chickpeas (chickpeas, water, salt), raisins (raisins, vegetable or sunflower oil), dried cranberries (cranberries, sugar, sunflower oil), roasted pumpkin seeds (pumpkin seeds, sunflower or safflower oil, salt), yeast extract, smoked sea 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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