

afia MEDITERRANEAN FALAFEL BOWL

ZESTY ARTICHOKE & QUINOA



10oz Recycleable Bowl

A bright, citrusy plant-forward bowl inspired by Palestinian cuisines by the Mediterranean Sea.

UNIVERSITIES • MINI MARTS • WORKPLACE KITCHENS

Nutrition Facts

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

Amount per serving
Calories 440

	% Daily Value*
Total Fat 19g	24%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 660mg	29%
Total Carbohydrate 54g	20%
Dietary Fiber 6g	21%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 12g	24%
Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 3.8mg	20%
Potassium 580mg	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, afia traditional falafel (soaked garbanzo beans, water, sunflower oil, onion, salt, coriander, cumin, baking soda, parsley, garlic, cayenne pepper), lemon dill dressing (water, sunflower oil, lemon juice concentrate, sumac, extra virgin olive oil, dill, yeast extract, parsley, garlic, salt, natural flavor, ground mustard), fava beans, artichoke, red quinoa (red quinoa, water, salt), roasted pumpkin seeds (pumpkin seeds, sunflower or safflower oil, salt), 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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