

# afia FALAFEL

UN-COOKED FALAFEL DOUGH



5lb  
Resealable  
Bag

Quick to prepare and packed with flavor, Afia Falafel provide variety and versatility to any menu.

HOT BAR READY FOR WRAPS, SALADS AND BOWLS

## Nutrition Facts

About 26 servings per container

**Serving size 4 pieces (88g)**

**Amount Per Serving**

**Calories 170**

% Daily Value\*

**Total Fat** 2.5g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 700mg **30%**

**Total Carbohydrate** 30g **11%**

Dietary Fiber 5g **18%**

Total Sugars 5g

Includes 0g Added Sugars **0%**

**Protein** 9g

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 2.9mg 15%

Potassium 350mg 8%

\* 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:** Soaked Garbanzo Beans, Water, Salt, Coriander, Cumin, Baking Soda, Parsley, Garlic, Cayenne Pepper

Produced in a facility that may process wheat and sesame.

## COOKING INSTRUCTIONS

1. Thaw dough in cooler
2. Form desired puck size and shape
3. Fry at 340-375°F for 4-6 min

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:** 5lbs

**UNITS PER CASE:** 2

**CASE TOTAL WEIGHT:** 10lbs

**CASES PER PALLET:** 176

**SHELF LIFE (FROZEN):** 24mo from production

**SHELF LIFE (THAWED FROM FROZEN):** 10 days

 **STORAGE:** Keep Frozen

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

