

afia FALAFEL

PAR-COOKED FALAFEL PUCKS



3lb
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 16 servings per container

Serving size 4 pieces (88g)

Amount Per Serving

Calories 230

% Daily Value*

Total Fat 10g **13%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 700mg **30%**

Total Carbohydrate 27g **10%**

Dietary Fiber 5g **18%**

Total Sugars <1g

Includes 0g Added Sugars **0%**

Protein 9g **18%**

Vitamin D 0mcg 0%

Calcium 60mg 4%

Iron 2.2mg 10%

Potassium 400mg 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, Sunflower Oil, Onion, Baking Soda, Salt, Coriander, Cumin, Parsley, Garlic, Cayenne Pepper

Produced in a facility that may process wheat and sesame.

COOKING INSTRUCTIONS

BAKING (Oven, toaster convection): Heat the oven to 425°F, bake for 10-12min

CONVEYOR OVEN/TURBO CHEF: Heat to 375°F, bake for 8min

AIR FRYER: Heat at 375°F for 8-10 min

FRYER: Thaw Falafel from frozen in cooler, fry at 375°F for 2min

MICROWAVE: Microwave on high for 20-30sec

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

INDIVIDUAL PUCK WEIGHT: 25g

UNIT WEIGHT: 3lbs

UNITS PER CASE: 2

CASE TOTAL WEIGHT: 6lbs

CASES PER PALLET: 224

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



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