

## FALAFEL (READY TO FRY)

This Middle-Eastern favourite made with ground chickpeas and spice mixes can compete with any plant-based protein out there. Our Falafel dough and balls could be the ideal foundation for your Falafel menu feature. The recipe is authentic, vegan and free of artificial colors, flavors and preservatives. We supply Falafel dough and balls packaged in the most hygienic and compliant ways to food service and retail clients.



HALAL



NON-GMO



KOSHER



VEGETARIAN



### Cooking Instructions

#### FALAFEL DOUGH

- **Fryer:** From thaw, fry 1oz falafel balls for 3 to 3:30 minutes or until golden brown and internal temperature is 165°F.
- **Convection Oven:** From thaw, bake 1oz balls at 375°F for upto 15 minutes or until golden brown and internal temperature is 165°F.

#### FRITTERS

- **Fryer:** Fry Falafel Fritters for upto 6 minutes or until golden brown and internal temperature is 165°F.
- **Convection Oven:** 375°F for 20 to 22 minutes or until golden brown and internal temperature is 165°F.

### Available Packs

5 x 3KG Falafel Dough

6 x 1KG Falafel Dough

2 x 2KG Falafel Fritters

### Ingredients

- Chickpeas, Water, Baking Powder
- Contains 2% or less of: Salt and Spices





### 5 X 3KG DOUGH

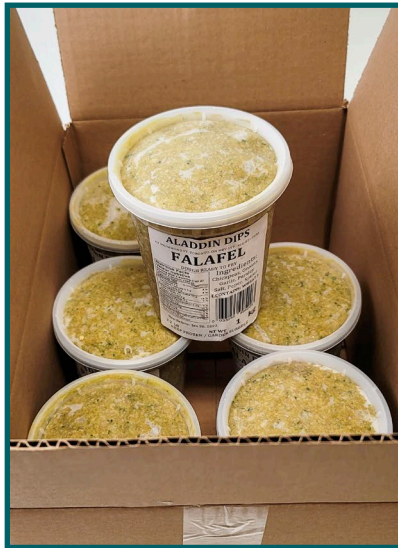
UPC	033255995043
ITEM CODE	2310
PRODUCT TYPE	Frozen
PORTION SIZE	3 - 1oz balls
FROZEN SHELF LIFE	270 days
THAWED SHELF LIFE	5 days
CASE DIMENSION	15 x 10 x 8

### Nutrition Facts Valeur nutritive

Serving Size 1 servings (100g)  
Portion 1 portion (100g)

<b>Calories 160</b>	% Daily Value*
<b>Fat / Lipides 2 g</b>	% valeur quotidienne*
Saturated / saturés 0.5 g	3 %
+ Trans / trans 0 g	3 %
<b>Carbohydrate / Glucides 28 g</b>	
Fibre / Fibres 4 g	14 %
Sugars / Sucres 0 g	0 %
<b>Protein / Protéines 8 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	0 %
<b>Sodium 730 mg</b>	32 %
Potassium 400 mg	9 %
Calcium 30 mg	2 %
Iron / Fer 3.5 mg	20 %

\*5% or less is a little, 15% or more is a lot  
\*5% ou moins c'est peu, 15% ou plus c'est beaucoup



### 6 X 1KG BOX (PER CASE)

CASE UPC	033255995227
PRODUCT UPC	033255995203
ITEM CODE	2313
PRODUCT TYPE	Frozen
ORIGIN	Canada
PACK/CASE	6
FROZEN SHELF LIFE	270 Days
THAWED SHELF LIFE	5 Days
CASE DIMENSION	15 x 10 x 8

### Nutrition Facts Valeur nutritive

Serving Size 2 servings (60g)  
Portion 2 portion (60g)

<b>Calories 70</b>	% Daily Value*
<b>Fat / Lipides 1 g</b>	% valeur quotidienne*
Saturated / saturés 0 g	1 %
+ Trans / trans 0 g	0 %
<b>Carbohydrate / Glucides 11 g</b>	
Fibre / Fibres 4 g	14 %
Sugars / Sucres 0 g	0 %
<b>Protein / Protéines 5 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	0 %
<b>Sodium 110 mg</b>	5 %
Potassium 300 mg	6 %
Calcium 125 mg	10 %
Iron / Fer 1.25 mg	7 %

\*5% or less is a little, 15% or more is a lot  
\*5% ou moins c'est peu, 15% ou plus c'est beaucoup



### FALAFEL FRITTERS (2 X 2KG)

Authentic Falafel recipe featuring chickpeas, and flavorful spices. Cook & serve this Vegan recipe which is free of artificial colors, flavors and preservatives.

UPC	033255995210
ITEM CODE	2311
PRODUCT TYPE	Frozen
ORIGIN	Canada
FROZEN SHELF LIFE	270 Days
THAWED SHELF LIFE	5 Days
PACK/CASE	2
CASE DIMENSION	13 x 9.5 x 15.5