



206107C Beetroot Falafel Bites (Gosh!)



Pack Size: 2 X 1KG

Details: Sweet and tangy falafels loaded with chickpeas, beetroot and lively spices - simply blended and baked.

Allergen Information

Free from:

Cereal, Celery, Soya, Crustaceans, Eggs, Fish, Gluten, Mustard, Lupin, Milk, Molluscs, Nuts, Peanuts, Sesame, Sulphur Dioxide

Suitable for:

Kosher, Coeliacs, Vegetarians, Vegan

Handling Information

Directions For Use:

From Frozen unless otherwise stated Microwave: 1700W-2000W. (1900W): 20 seconds. Appliances may vary. These are guidelines only Oven: Pre-heat oven to 200°C, 180°C (fan), Gas Mark 6. Remove from packaging and place evenly on tray and cook for 8-10 minutes. Ensure product is piping hot before serving. Do not refreeze once defrosted.

Storage Instructions:

Keep Frozen. Store at -18°C or below

Product Ingredients

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Beetroot (31%), Chickpeas (31%), Red Pepper, Potato Flake, Onion, Rapeseed Oil, Garlic Puree (Water, Garlic Granules), Ground Coriander, Ground Cumin, Lemon Juice from Concentrate (Concentrated Lemon Juice, Water), Paprika, Salt, Chilli Flakes.

Nutritional Information

Typical Values per 100g/ml:

Based on a reference intake of an average adult (8400kJ/2000kCal) diet

Energy:

188 kcal / 783 kJ

Fat:

10 g

of which saturates:

0.9 g

Carbohydrates:

15 g

of which sugars:

2 g

Fibre:

6.6 g

Protein:

5.7 g

Salt:

0.82 g

All product information is correct at time of upload. Information may change so please check the packaging before use.

If allergen information is not presented here, please obtain it from the product packaging or speak with our QA Department.

