



206630C Authentic Moroccan Falafel Bites (Gosh!)



Pack Size: 2 X 1KG

Details: Sweet and aromatic falafels crammed with chunky chickpeas, red peppers, fruit and warm Moroccan spices - simply blended and baked (approx. 22g each).

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 a baking tray for 10-12 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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Chickpeas (49%), Red Pepper (15%), Rapeseed Oil, Onion, Potato Flake, Apricots (4%) (Dried Apricots, Rice Flour), Dates (3%) (Dried Dates, Rice Flour), Water, Garlic Puree (Water, Garlic Granules), Salt, Raising Agent (Bicarbonate of Soda), Ground Coriander, Ground Cumin, Parsley, Ground Cinnamon, White Pepper, Chilli Flakes.

Nutritional Information

Typical Values per 100g/ml:

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

Energy:

225 kcal / 941 kJ

Fat:

9.5 g

of which saturates:

0.7 g

Carbohydrates:

23 g

of which sugars:

6.2 g

Fibre:

9.9 g

Protein:

7.1 g

Salt:

1.2 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.

