










#### INFO

Made from mashed chick peas and pumpkin cubes, seasoned, formed, pre-fried and deep-frozen.

#### INGREDIENTS

Chick peas 43,0 %, pumpkin 29,0 %, rapeseed oil, onions, starch, potato flakes, olive oil, herbs, table salt, spices, sugar, stabilizer hydroxypropyl methylcellulose.

### Contents

-  No hardened fats
-  No preservatives
-  No artificial colouring
-  No natural colouring
-  lactose-free
-  gluten-free
-  Vegetarian
-  Vegan

# Pumpkin Falafel

WEIGHT PER UNIT 25 G



## Packaging

ART.-NO.	8980
PER CARTON	2 x 2,0 kg (Bag)
CARTONS PER PAL./LAYER	117/9
EAN INDIV. PACKAGE	4006934 898009
EAN OUTER PACKAGE	4006934 898016
MDD	18 months



## Nutrition

ENERGY	750 kJ / 181 kcal	DIETARY FIBRE	8,4
FAT	10 g	PROTEIN	4,6 g
OF WHICH SATURATES	1,0 g	SALT	1,29 g
CARBOHYDRATE	14 g		
OF WHICH SUGARS	2,1 g		



## Preparation

#### OVEN (CIRCULATING AIR)

Preheat oven (circulating air) to 200 °C.  
Bake the frozen product on a baking tray with baking paper for about 14-16 minutes.

#### DEEP-FAT-FRYER

Deep-fry the frozen product at a fat temperature of 175 °C for about 6-7 minutes.

Place the frozen product in a single layer in the fryer basket and bake at 180 °C for approx. 13-15 minutes.

#### OVEN (TOP/BOTTOM HEAT)

Preheat oven (top and bottom heat) to 210 °C. Bake the frozen product on a baking tray with baking paper for about 18-20 minutes.

#### STEAMER OVEN

(recommended preparation) Preheat steam oven (hot air) to 190 °C. Bake the frozen product on a standard gastro tray for about 13 minutes.