



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.

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.

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

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

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