



### INFO

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

### **INGREDIENTS**

Chick peas 44,0 %, pumpkin 29,0 %, rapeseed oil, onions, starch, potato flakes, olive oil, herbs, table salt, spices, sugar, stabilizer hydroxypropyl methylcellulose.

### **Contents**





No artificial colouring

No natural colouring

lactose-free

gluten-free

(🖔 Vegetarian

🔊 Vegan

# Pumpkin Falafel

### WEIGHT PER UNIT 25 G



## Packaging

ARTNO.	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
FAT	10,1 g
OF WHICH SATURATES	1,0 g
CARBOHYDRATE	13,6 g
OF WHICH SUGARS	2,1 g

DIETARY FIBRE	8,4
PROTEIN	4,6 g
SALT	1,29 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.

### 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.

