

Cauliflower Falafel

WEIGHT PER UNIT 19 G

Packaging

ART.-NO.	8982
PER CARTON	2 x 2.0 kg (Bag)
CARTONS PER PAL./LAYER	117/9
EAN INDIV. PACKAGE	4006934 898207
EAN OUTER PACKAGE	4006934 898214
MDD	18 months

INFO

Made from cauliflower and chickpeas, refined with sesame and mint, formed, pre-fried and deep-frozen.

INGREDIENTS

Cauliflower 56 %, chickpea flour 10 %, rapeseed oil, cooked chickpeas (water, chickpeas) 7.5 %, potato flakes, onions, SESAM 2.5 %, mint 1 %, sea salt, spices.

Contents

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

Nutrition

ENERGY	704 kJ / 169 kcal	**DIETARY FIBRE**	4,8 g
FAT	8,9 g	**PROTEIN**	5,4 g
OF WHICH SATURATES	0,9 g	**SALT**	1,1 g
CARBOHYDRATE	14,0 g		
OF WHICH SUGARS	1,9 g		

Preparation

STEAMER OVEN

(recommended preparation) Preheat steamer oven (hot air) to 190 °C. Bake the frozen product on a standard gastro tray for about 14 minutes.

OVEN (TOP/BOTTOM HEAT)

Preheat oven (top and bottom heat) to 200 °C. Bake the frozen product on a baking tray with baking paper for about 18 minutes.

OVEN (CIRCULATING AIR)

Preheat oven (circulating air) to 200 °C. Bake the frozen product on a baking tray with baking paper for about 18 minutes.

Preheat the hot air fryer to 180 °C. Bake the frozen product for approx. 12 minutes. Shake the deep-frying basket several times in between.