

Falafel based on millet and chickpeas

WEIGHT PER UNIT 30 G

Packaging

ART.-NO.	8981
PER CARTON	2 x 2.1 kg (Bag) • vegan
CARTONS PER PAL./LAYER	117/9
EAN INDIV. PACKAGE	4006934 898108
EAN OUTER PACKAGE	4006934 898115
MDD	18 months

INFO

Falafel in its characteristic oval shape. Light and fluffy on the inside, made from millet, chickpeas, and a carefully balanced blend of spices—and delicately crispy on the outside.

INGREDIENTS

Millet, cooked 46 % (water, millet), chickpeas 16 %, water, rapeseed oil, onions, parsley, garlic, dried tomato flakes, coriander, sea salt, modified starch, spinach powder, baking powder (Leavening agents (diphosphates, sodium carbonates), starch), spices, stabilizer hydroxypropylmethylcellulose, starch.

Nutrition

ENERGY	811 kJ / 193 kcal	**DIETARY FIBRE**	4,6 g
FAT	6,6 g	**PROTEIN**	6,7 g
OF WHICH SATURATES	0,6 g	**SALT**	1,80
CARBOHYDRATE	25 g		
OF WHICH SUGARS	1,9 g		

Contents

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

Preparation

STEAMER OVEN

(recommended preparation) Preheat steamer oven (hot air) to 190 °C. Bake the frozen product on a gastro-tray for about 10 minutes

OVEN (TOP/BOTTOM HEAT)

Preheat oven to 200 °C. Spread the frozen product evenly on a baking tray lined with baking paper and bake on the middle shelf for approximately 16 minutes.

Place the frozen product in a single layer in the fryer basket and bake at 190 °C for approx. 9 minutes.

OVEN (CIRCULATING AIR)

Preheat oven to 200 °C. Spread the frozen product evenly on a baking tray lined with baking paper and bake on the middle shelf for approximately 14 minutes.

DEEP-FAT-FRYER

Deep-fry the frozen product at a fat temperature of 160 °C for about 4 minute. Do not fill the frying basket more than half full.