



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 APPROX. 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.

