



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

Pumpkin Falafel

WEIGHT PER UNIT APPROX. 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	PROTEIN	4,6 g
FAT	10,01 g	SALT	1,29 g
OF WHICH SATURATES	1,0 g		
CARBOHYDRATE	13,6 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.

DEEP-FAT-FRYER

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

FRYING PAN

Fry the frozen product with some oil at medium for about 12 minutes or until crispy. Turn over several times.

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

Preheat steam oven (hot air) to 190 °C. Bake the frozen product on a standard gastro tray for about 13 minutes.