

#### INFO

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

#### INGREDIENTS

Cauliflower 58 %, chickpea flour 10 %, rapeseed oil, cooked chickpeas (water, chickpeas) 7.5 %, potato flakes, onions, SESAM 2.6 %, mint 1 %, sea salt, spices.

### Contents

- (🗶) No hardened fats
- (🔬) No preservatives
- 🛞 No artificial colouring
- (🗶) No natural colouring
- 🚯 lactose-free
- gluten-free
- Vegetarian
- Vegan

# Cauliflower falafel

#### WEIGHT PER UNIT APPROX. 19 G



## Packaging

ARTNO.	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

Nutrition

ENERGY	705 kJ / 169 kcal	PROTEIN	5,9 g
FAT	9,2 g	SALT	1,14 g
OF WHICH SATURATES	0,9 g		
CARBOHYDRATE	13,1 g		
OF WHICH SUGARS	2,2 g		



Preparation

#### STEAMER OVEN

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.

