

# VEGETARIAN RISSOLES

# FALAFELS

## PRE-COOKED



- AN AUTHENTIC MIDDLE-EASTERN FALAFEL MADE FROM CHICKPEAS, AND AROMATIC HERBS AND SPICES
- PRE-COOKED FOR YOUR CONVENIENCE
- SIMPLY HEAT AND SERVE
- GLUTEN FREE
- VEGAN & VEGETARIAN & HALAL
- GREAT FOR WRAP, SALAD, FINGER FOOD & BAGUETTES
- IDEAL FOR THE HOSPITALITY AND CATERING MARKETS

### COOKING INSTRUCTIONS

|                           | FROM FROZEN<br>(Per Serve) | FROM THAWED<br>(Per Serve) |
|---------------------------|----------------------------|----------------------------|
| MICROWAVE<br>(1200 WATTS) | 1 min                      | 40 seconds                 |
| OVEN<br>(180°C)           | 15 mins                    | 10 minutes                 |

### VEGETARIAN RISSOLES - FALAFEL

#### Nutritional Information

| Avg Serving Size: 75g<br>(3 Falafels per serve) | Avg Serves Per Pack: 13 |                        |
|---|-------------------------|------------------------|
| Nutrient  | Avg Qty Per Serving     | Avg Qty Per 100g Serve |
| Energy  | 810kJ                   | 1080kJ                 |
| Protein   | 6.8g                    | 9.0g                   |
| Fat   |                         |                        |
| - Total   | 8.9g                    | 11.8g                  |
| - Saturated                                     | 3.4g                    | 4.5g                   |
| Carbohydrate                                    |                         |                        |
| -Total  | 18.6g                   | 24.8g                  |
| - Sugars  | 3.7g                    | 4.9g                   |
| Sodium  | 505mg                   | 673mg                  |

| PRODUCT CODE | PRODUCT DESCRIPTION | CTN<br>WGT | APPROX UNIT<br>PER CTN |
|--------------|---------------------|------------|------------------------|
| FALC         | FALAFEL             | 6kg        | 6                      |

Packed & Processed by  
**Specialty Foods**

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