MEDITERRANEAN STYLE FALAFEL

#1002-24

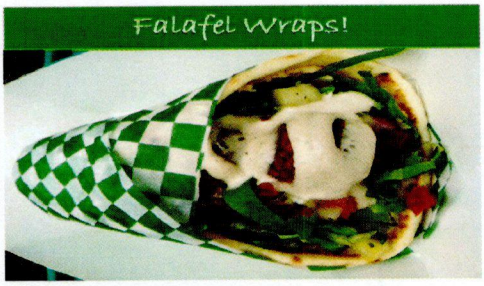
Various Applications:

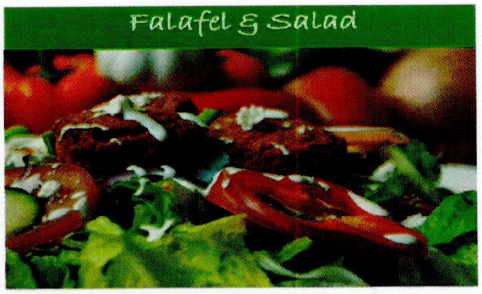
Salad,Wrap,Slide,dip !

A Healthy, Plant Based Protein Source

Delicious for Vegetarian & Vegan Menus

No Allergens.





INGREDIENTS: Garbanzo Beans, Water, Onions, Corn Oil, Dehydrated Onion, Rice Flour, Parsley, Cilantro, Sea Salt, Mint, Garlic (Garlic, Water), Cumin, Coriander, Black Pepper.

ALLERGENS: None.

NSLP MEAL COMPONENTS: Each 3.1oz serving (4 / 21.9g pieces) provides EITHER 2oz Protein OR 1/2 Cup Vegetables (Subgroup—Legumes) serving for NSLP meal pattern requirements.

HEATING INSTRUCTIONS (In order of Recommended Method):

Combi Oven: Preheat oven to 410 degrees F at 30 % humidity.
Bake for 7-9 minutes until internal temperature reaches 165 degrees F.

Convection Oven: Preheat oven to 350° F.
Bake for 10-12 minutes until slightly crispy and internal temperature reaches 165° F.

Conventional Oven: Preheat oven to 375° F.
Bake for 12-13 minutes until slightly crispy and internal temperature reaches 165° F.

THAWING INSTRUCTIONS (SERVING COLD):

OVEN THAW:

Conventional Oven: Preheat to 325° F and thaw for 4-5 minutes or until internal temperature reaches 35° F.

Convection Oven: Preheat to 300° F and thaw product for 4 minutes or until internal temperature reaches 35° F. Refrigerate once thawed.

REFRIGERATED THAW: Place product from a frozen state into the refrigerator and store for 2 hours or until internal temperature is at least 35° F.

Cold product may be refrigerated & served up to 7 days after thaw date & time.*

Nutrition Facts

Serving Size 88g / 3.1oz (88g)
Servings Per Container about 124

Amount Per Serving	
Calories 150	Calories from Fat 45
	% Daily Value*
Total Fat 5g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 310mg	13%
Potassium 230mg	7%
Total Carbohydrate 22g	7%
Dietary Fiber 5g	20%
Sugars 4g	
Protein 6g	

Vitamin A 6% • Vitamin C 10%
Calcium 4% • Iron 10%
Vitamin D 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

CASE PACK INFORMATION:

Manufacturer Item #: 1002-24
Servings/Case: Approx. 124
Ti/Hi: 10 x 6
Cases/Pallet: 60
Shelf Life: 365 Days

Pack Size: Approx. 495 / 21.9g
Case Dimensions: 11.5 x 15.4 x 9.6
Case Weight: 24lbs
Cube: .8594
UPC Code: 7 28028 25053 4

PURCHASING INFORMATION:

Lead Time: 15 Business Days

Min. Order Qty: 1 Pallet (60 Cs)

American Bean LLC certifies that all ingredient, allergen, NSLP meal pattern analyses & nutrition facts herein are correct.

Signed By: Mike Spitz - Title: Vice President - Date: August 1 2018