



1oz Falafel Pucks Uncooked

Product Details:

Item Number: 608114

Pack Size: 4/4 lb. bags

Serving Per Case: 85

Net Weight: 16 lbs.

Kosher: No

Meal Contribution:

Class: Always Available

Shelf Life: 1 year.

Temperature Class: Frozen

Cook State: Uncooked

GTIN-12 UPC:

GTIN-14:

Sales Price Per EACH: N/A

Case Price: N/A

Ingredients:

Chickpeas, Water, Whole Wheat, Dried Onion, Bleached Wheat Flour with Malted Barley and Potassium Bromate, Spice, Dried Garlic, Salt, Turmeric, Baking Powder (Cornstarch, Bicarbonate of Soda, Sodium Aluminum Sulfate, Calcium Acid Phosphate.

Allergen Statement:

Wheat

Nutrition Facts

This is a representation of the nutritional label. The nutritional label on the product may vary.

Serving Size	3 oz.
Amount Per Serving	
Calories	220
	% Daily Value *
Total Fat 3.5g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 590mg	24%
Total Carbohydrate 39g	13%
Dietary Fiber 11g	43%
Total Sugars 7g	
Incl. Added Sugars	—
Protein 12g	—
Vitamin D	—
Calcium	8%
Iron	20%
Potassium	—

\* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

National Food Group

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### Preparation and Additional Information:

#### Instructions for Preparation and Cooking:

##### Oven:

Preheat a convection oven to 375F. or a conventional oven to 400F. Place the falafel on a well-oiled baking sheet or pan and cover with foil. Heat for 12-15 (flip falafels over half way through) minutes to an internal temperature of 160F

##### Stove Top:

Place falafel on a hot, well-oiled skillet. Heat each side for 3-4 minutes to an internal temperature of 160F.

#### Instructions for Frying:

Preheat oil to 325F. Immerse Falafel from a frozen state in oil for 3:15s to an internal temperature of 160F.

### Logistics Information:

**Gross Weight:** 18 lbs

**Case Dimensions:** 6 X 14 X 14

**Pallet Count:** 90

**Cube:** 0.681

**Block and Tier:** 9 and 10

The information provided above is, to the knowledge of National Food Group, true and accurate based on information provided to National Food Group; provided that National Food Group does not make any express or implied warranties with respect to any such information shall have no liability for any inaccuracies contained in any such information.

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