

Product: **Sweet Potato Falafel 1kg**

Product Code:

Brand: **Gosh**

**GFS030**

**Pack Details**

<b>Contents</b>	No. Pcs in Case:	N/A	Avg. Pce Wt:	19g g	Case Net Wt:	2.0 kg		
	Count/Wt per Inner:	1kg	Inners per Case:	2	Pack Size:	2 x 1		
Inners suitable for sale separately?:		No	Barcode Inner:	5036829756885	Barcode Outer:	05036829756892		
<b>Palletisation</b>	Cases per Layer:	25	No. of Layers:	12	Inners/Pallet:	600	Cases/Pallet:	300
<b>Dimensions</b>	Case mm:	226 x 200 x 135	Cubic ms:	0.006	Inner mm:	N/A	<b>Commodity Code</b>	2004 90 98 80
<b>Packaging Wts</b>	Primary plastic:	28 g	Secondary plastic:	N/A g	Tertiary plastic:	N/A g		
	Primary board:	121 g	Secondary board:	N/A g	Metal:	N/A g		

**Composition & Storage**

<b>Description:</b>	Sweet potato, chickpea and red pepper falafel - simply blended with Indian spices and baked.						
<b>Ingredients:</b>	Sweet Potato (29%), Chickpeas (29%), Red Pepper (14%), Rapeseed Oil, Potato Flake, Tomato Puree, Onion, Garlic Puree (Water, Garlic Granules), Ground Coriander, Ground Cumin, Lemon Juice from Concentrate (Concentrated Lemon Juice, Water), Paprika, Salt, Chilli Flakes.						
<b>Allergen Statement:</b>							
<b>May Contain:</b>							
<b>Meat Country of Origin:</b>	N/A	<b>Store Frozen:</b>	-18°C	<b>Min Life on Del.</b>	137	<b>Days</b>	

**Preparation & Usage from Frozen**

<b>M/wave:</b>	See Page 2.
<b>Oven:</b>	See Page 2.
<b>Grill:</b>	See Page 2.
<b>Frying:</b>	See Page 2.
<b>Other:</b>	See Page 2.

**Dietary & Health Information**

				Average Nutritional	Per serving
				Per 100 g	
Suitable for Vegetarians	Yes	Milk / Derivatives	No	KJoules	826
Suitable for Vegans	Yes	Egg / Derivatives	No	Kcals	198
Suitable for Coeliacs	Yes	Soya	No	Fat (g)	10
Halal Approved	No	SO <sub>2</sub> / Sulphites >10ppm	No	of which saturates (g)	0.8
Kosher Approved	Yes	Sesame Seeds	No	of which monounsaturates (g)	
<b>Contains</b>		Celery	No	of which polyunsaturates (g)	
Artificial colours	No	Mustard	No	Carbohydrate (g)	17
Hydrogenated Fats	No	Peanuts / Derivatives	No	of which sugars (g)	6.8
GM Ingredients/Derivatives	No	Fish	No	Fibre (g)	6.8
MSG	No	Crustaceans / Shell Fish	No	Protein (g)	6.0
Gluten as added Ingredient	No	Other Nuts	No	Sodium (g)	0.372
Wheat & Wheat Derivatives	No	Lupin / Derivatives	No	expressed in salt (g)	0.93
Other Gluten Cereals/Derivs	No	Molluscs	No	-----	
				Zinc (mg)	
				Iron (mg)	
				Ash (g)	
				Vitamin A (µg)	
				Vitamin C (mg)	
				Folate (µg)	
				Calcium (mg)	

Approved Date: 21/04/2023

Approved by: Christopher Stobart

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**Preparation & Usage from Frozen**

**Product Code:**

**GFS030**

Microwave:

1700W-2000W. (1900W): 20 seconds. Appliances may vary. These are guidelines only.

Oven:

Pre-heat oven to 200°C, 180°C (fan), Gas Mark 6. Remove from packaging and place evenly on tray and cook for 8-10 minutes. Ensure product is piping hot before serving.

Grill:

N/A

Frying:

N/A

Other Cooking or Serving Instructions:

Do not refreeze once defrosted. Defrost thoroughly in the fridge and use within 3 days. If heating once defrosted, cooking time will need to be reduced.

# Product: Sweet Potato Falafel 1kg

## Product & Packaging

Product Code:

**GFS030**

Lifestyle:



Outer Case:



**Product: Sweet Potato Falafel 1kg**

**Packaging Continued**

**Product Code: GFS030**

Inner Pack/Case:



Combination:





**Product: Sweet Potato Falafel 1kg**

**Packaging Continued**

**Product Code:**

**GFS030**

Outer Label:

**Gosh! GFS030** **2 x 1,000g**

**Sweet Potato Falafel 19g**

**INGREDIENTS:** Sweet Potato (29%), Chickpeas (29%), Red Pepper (14%), Rapeseed Oil, Potato Flake, Tomato Puree, Onion, Garlic Puree (Water, Garlic Granules), Ground Coriander, Ground Cumin, Lemon Juice from Concentrate (Concentrated Lemon Juice, Water), Paprika, Salt, Chilli Flakes.

**NUTRITIONAL INFORMATION:** Typical Values per 100g: Energy 826kJ, Energy 198kcal, Fat 10g, of which saturates 0.8g, Carbohydrate 17g, of which sugars 6.8g, Fibre 6.8g, Protein 6.0g, Salt 0.93g

**STORAGE:** Keep Frozen <- 18°C. Defrost thoroughly in the fridge and use within 3 days. Once defrosted do not refreeze.

**HEATING INSTRUCTIONS:** Remove product from packaging, place on baking tray in pre-heated oven at 200°C, 180°C(fan), Gas mark 6 for 8-10 mins. Microwave (1900W) for 20 seconds. Guidelines only - All appliances vary.

**BEST BEFORE:** 190424  
**BATCH NUMBER:** 0019042355

Gosh! Food Ltd  
 Unit 1, Europa Business Park,  
 Maidstone Road, Kingston,  
 Milton Keynes, MK10 0BD



**(01) 0 5036829 75689 2 (15) 240419**

FR-FS030-1  
17:05

Inner Label:

GOSHI FOODS 435mm x 220mm FROZEN CUTTER

**435mm WIDTH**

**197mm** (height)

**BACK OF PACK** (left side)

**FRONT OF PACK** (center)

**BACK OF PACK** (right side)

**REAL AREA - KEEP CLEAR OF TEXT** (top and bottom center)

**FRONT TRACK/SEAL AREA - KEEP CLEAR OF DESIGN** (right edge)

**INNER LENGTH** (right edge)

**102.5mm** (width of left section)

**205mm** (width of center section)

**94.5mm** (width of right section)

**8** (margin)

**17** (margin)

**PEC = 15mm x 5mm  
1.5mm FROM EDGE**

**FOR BRIGHT IDEAS**  
GOSHFOOD.COM

**SHARE YOUR IDEAS**

**Share your ideas with us on social media**

**Chunky sweet potato, chickpeas and red pepper falafel**  
- always frozen with frozen onions and beans.

**Ingredients:** Sweet Potato (29%), Chickpeas (29%), Red Pepper (14%), Rapeseed Oil, Potato Flake, Tomato Puree, Onion, Garlic Puree (Water, Garlic Granules), Ground Coriander, Ground Cumin, Lemon Juice from Concentrate (Concentrated Lemon Juice, Water), Paprika, Salt, Chilli Flakes. (F1) Origin: EU and non-EU.

**Read how to keep them and get in touch at:**  
Gosh! Food Ltd, The Europa Business Park, Kingston, Milton Keynes, MK10 0BD.  
We based products to 20 best before dates, check the best before date on the packaging.

**Email:** info@goshfood.com  
You can return any product, defrost thoroughly in the fridge and use within 3 days. If heating once defrosted, cooking time will need to be reduced.

**5036829 75689 2**

**KEEP FROZEN**

Use within the labeled Best Before Date.  
Manufactured to the UK with ingredients from EU and non-EU origins.

Keep free in the freezer at -18°C or below. 1kg e

**ALLERGEN FREE\***

**Gosh!**  
NATURALLY DELICIOUS™

**SWEET POTATO FALAFEL**  
WITH RED PEPPER, CUMIN & CHILLI

**MEDIUM SPICED**

**100% Plant Based**

**High in Fibre**

**Low in Sat Fat**

**MADE WITH ALL NATURAL INGREDIENTS**

**Free from 14 allergens**  
\*GOSH! FOODS

**1kg e**

**COOKING INSTRUCTIONS**

**FROM FROZEN**

Preheat oven to 200°C, 180°C(fan), Gas Mark 6  
Place on tray and cook for 8-10 minutes  
- Ensure piping hot before serving.

Microwave 2000w 20 seconds  
- Appliances may vary.

**NUTRITIONAL INFORMATION**

Typical Values	Per 100g
Energy kJ	826kJ
Energy kcal	198kcal
Fat	10g
of which saturates	0.8g
Carbohydrate	17g
of which sugars	6.8g
Fibre	6.8g
Protein	6.0g
Salt	0.93g

This pack contains approximately 50 falafels.  
Heating: Although every effort has been made to ensure 100%, some small fragments may remain.

\*Free From: The Top 14 Allergens (WHEAT, EGGS, PEANUTS, SOY, MILK, NUTS & SESAME SEEDS)

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**Packaging Continued**

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Outer Case Line Drawing:

