

420034

# Auth Moroccan Falafel 1kg (2 x 1)

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PRODUCT DESCRIPTION

Fragrant falafels made with chickpeas, red peppers, apricots and dates, blended with Moroccan spices and baked. Approx. 19g each. Kosher approved. Suitable for vegetarians, vegans and coeliacs.

Defrosted shelf-life = 3 days (chilled). (2 x 1)

Brand	Central Foods Group Limited
Manufacturer Product Code	GF5032
Product Type	Food
Product Category	Other Vegetarian & Vegan Alternatives
Storage Type	Frozen
Erudus ID	780725d7103d4158a4fdbf4a255d0e1c
Specification Type	Alternatives (Vegetarian and Vegan)



Inner Component GTIN	5036829756908
Outer Case GTIN	05036829756915



INGREDIENTS

**Ingredient Declaration**

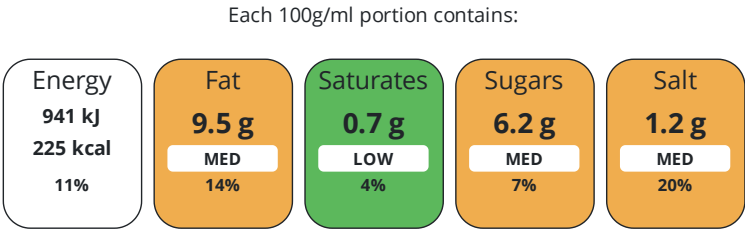
Chickpeas (49%), Red Pepper (15%), Rapeseed Oil, Onion, Potato Flake, Apricots (4%) (Dried Apricots, Rice Flour), Dates (3%) (Dried Dates, Rice Flour), Water, Garlic Puree (Water, Garlic Granules), Salt, Raising Agent (Bicarbonate of Soda), Ground Coriander, Ground Cumin, Parsley, Ground Cinnamon, White Pepper, Chilli Flakes.

ALLERGENS	<i>Product Contains:</i>	
	<b>Celery/Celeriac</b>	No
	<b>Cereals Containing Gluten</b>	No
	<b>Barley</b>	No
	<b>Oats</b>	No
	<b>Rye</b>	No
	<b>Wheat (including Spelt and Khorasan)</b>	No
	<b>Crustacea</b>	No
	<b>Eggs</b>	No
	<b>Fish</b>	No
	<b>Lupin</b>	No
	<b>Milk</b>	No
	<b>Molluscs</b>	No
	<b>Mustard</b>	No
	<b>Nuts (Tree)</b>	No
	<b>Almond nuts</b>	No
	<b>Brazil nuts</b>	No
	<b>Cashew nuts</b>	No
	<b>Hazelnuts</b>	No
	<b>Macadamia (Queensland) nuts</b>	No
	<b>Pecan nuts</b>	No
	<b>Pistachio nuts</b>	No
	<b>Walnuts</b>	No
	<b>Peanuts</b>	No
	<b>Sesame Seeds</b>	No
	<b>Soybeans</b>	No
	<b>Sulphur Dioxide and Sulphites</b>	No

DIET  
SUITABILITY

NUTRITIONAL  
INFORMATION

Vegan Diet	Suitable for	Vegetarian Diet	Suitable for
Halal Diet	No	Kosher Diet	Suitable for



of your reference intake.  
Typical values per 100g/ml : Energy 225kcal / 941kJ

Nutrient	per 100g	RI per 100g
Energy (kJ)	941 kJ	11%
Energy (kcal)	225 kcal	11%
Fat	9.5 g	14%
of which Saturates	0.7 g	4%
Carbohydrate	23 g	9%
of which Sugars	6.2 g	7%
Fibre	9.9 g	
Protein	7.1 g	14%
Salt	1.2 g	20%
Sodium	480 mg	

Serving Size Description	3 or 4 Falafels
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HANDLING &  
STORAGE  
INFORMATION

**Directions For Use**  
From Frozen unless otherwise stated 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 a baking tray for 10-12 minutes. Ensure product is piping hot before serving. 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.

**Storage Instructions**  
Keep Frozen. Store at -18°C or below

ORIGIN

Product Country of Origin	United Kingdom
Additional Origin Details	United Kingdom
Origin of the Primary Ingredient	

CONTACT  
INFORMATION

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