

Product: **Auth Moroccan Falafel 1kg**

Product Code:

Brand: **Gosh**

GFS032

Pack Details

Contents	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:	5036829756908	Barcode Outer:	05036829756915		
Palletisation	Cases per Layer:	25	No. of Layers:	12	Inners/Pallet:	600	Cases/Pallet:	300
Dimensions	Case mm:	226 x 200 x 135	Cubic ms:	0.006	Inner mm:	N/A	Commodity Code	2004 90 98 80
Packaging Wts	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

Description:	Falafel made with chickpeas, red pepper, apricots and dates - simply blended with Moroccan spices and baked.						
Ingredients:	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.						
Allergen Statement:							
May Contain:							
Meat Country of Origin:	N/A	Store Frozen:	-18°C	Min Life on Del.	137	Days	

Preparation & Usage from Frozen

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

Dietary & Health Information

				Average Nutritional	Per serving
				Per 100 g	
Suitable for Vegetarians	Yes	Contains Milk / Derivatives	No	kJoules	941
Suitable for Vegans	Yes	Egg / Derivatives	No	Kcals	225
Suitable for Coeliacs	Yes	Soya	No	Fat (g)	9.5
Halal Approved	No	SO ₂ /Sulphites >10ppm	No	<i>of which saturates (g)</i>	0.7
Kosher Approved	Yes	Sesame Seeds	No	<i>of which monounsaturates (g)</i>	
Contains		Celery	No	<i>of which polyunsaturates (g)</i>	
Artificial colours	No	Mustard	No	Carbohydrate (g)	23
Hydrogenated Fats	No	Peanuts / Derivatives	No	<i>of which sugars (g)</i>	6.2
GM Ingredients/Derivatives	No	Fish	No	Fibre (g)	9.9
MSG	No	Crustaceans / Shell Fish	No	Protein (g)	7.1
Gluten as added Ingredient	No	Other Nuts	No	Sodium (g)	0.48
Wheat & Wheat Derivatives	No	Lupin / Derivatives	No	<i>expressed in salt (g)</i>	1.20
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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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.

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.

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Product & Packaging

Product Code: GFS032

Lifestyle:



Outer Case:



Product: Auth Moroccan Falafel 1kg

Packaging Continued

Product Code:

GFS032

Inner Pack/Case:



Combination:



Product: Auth Moroccan Falafel 1kg

Packaging Continued

Product Code:

GFS032

Outer Label:

Gosh! GFS032 **2 x 1,000g**

Authentic Moroccan Falafel Bites 19g

INGREDIENTS: 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.

NUTRITIONAL INFORMATION: Typical Values per 100g: Energy 941kJ, Energy 225kcal, Fat 9.5g, of which saturates 0.7g, Carbohydrate 23.0g, of which sugars 6.2g, Fibre 9.9g, Protein 7.1g, Salt 1.20g

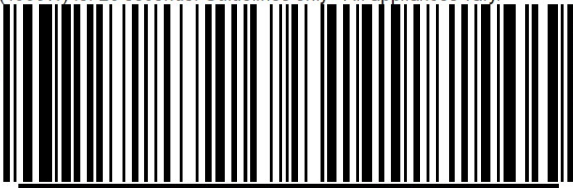
STORAGE: Keep Frozen <- 18°C. Defrost thoroughly in the fridge and use within 3 days. Once defrosted do not refreeze.

HEATING INSTRUCTIONS: Remove product from packaging, place on baking tray in pre-heated oven at 200°C, 180°C, Gas mark 6 for 10-12 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 75691 5 (15) 240419

FR-FS032-1
17:12

Inner Label:

GOSHI FOODS 435mm x 220mm FROZEN CUTTER

435mm WIDTH

BACK OF PACK FRONT OF PACK BACK OF PACK

FOR BRIGHT IDEAS
GOSHFOOD.COM

SWIRLY CAN AIR

1977mm

ALLERGEN FREE*



Gosh!
NATURALLY DELICIOUS™

MOROCCAN STYLE SPICED FALAFEL
WITH RED PEPPER & APRICOT

MILDLY SPICED 100% Plant Based High in Fibre Low in Sat Fat MADE WITH ALL NATURAL INGREDIENTS

1kg e

Gosh!

AT GOSH! WE ONLY USE THE BEST NATURAL INGREDIENTS IN OUR FASTLY PLANT-BASED FOOD. NO WASTES, HAZARDS OR ARTIFICIAL PRESERVATIVES AND WE GO TO THE BEST INGREDIENTS FROM MATURE AND GREAT FLAVOUR SOURCES THAT'S READY FOR YOU TO ENJOY... BECAUSE WE'RE SUPERALLY RESPONSIBLE!

COOKING INSTRUCTIONS

FROM FROZEN

Preheat oven to 200°C, 180°C Gas, Gas Mark 6
Place falafel on tray and cook for 10-12 minutes
* Ensure cooking till golden brown

Microwave 1000w 20 seconds
* Appliances may vary

NUTRITIONAL INFORMATION

Typical Values	Per 100g
Energy kJ	941kJ
Energy kcal	225kcal
Fat	9.5g
of which saturates	0.7g
Carbohydrate	23.0g
of which sugars	6.2g
Fibre	9.9g
Protein	7.1g
Salt	1.20g

*This pack contains approximately 50 falafel.
*Heating: Although every effort has been made to ensure 100% plant-based, some small ingredients may contain.

*Pre-Frozen: The Top 14 Allergens (Wheat, Cereals containing gluten, soya, egg, milk, nuts & sesame seeds)

EVIDENCE TRACKING/SEAL AREA - KEEP CLEAR OF DESIGN

EMERGENCY NUMBERS

102.5mm 205mm 94.5mm 17

PEC = 15mm x 5mm
1.5mm FROM EDGE

Product: **Auth Moroccan Falafel 1kg**

Packaging Continued

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Outer Case Line Drawing:

