

420033

Sweet Potato Falafel 1kg (2 x 1)

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PRODUCT DESCRIPTION

Golden falafels made with sweet potato, chickpeas and red peppers, blended with Indian 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	GF5030
Product Type	Food
Product Category	Other Vegetarian & Vegan Alternatives
Storage Type	Frozen
Erudus ID	15175ca0af3d4a65a4ca5cb65bbe5855
Specification Type	Alternatives (Vegetarian and Vegan)



Inner Component GTIN	5036829756885
Outer Case GTIN	05036829756892



INGREDIENTS

Ingredient Declaration
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.

ALLERGENS

Product Contains:

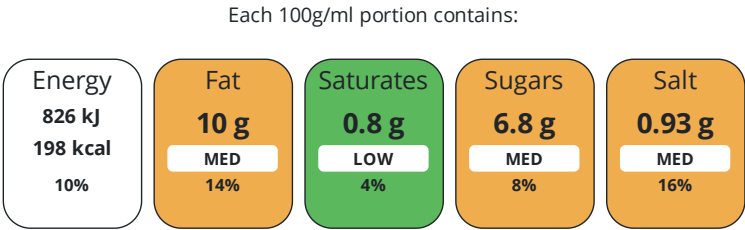
Celery/Celeriac	No
Cereals Containing Gluten	No
Barley	No
Oats	No
Rye	No
Wheat (including Spelt and Khorasan)	No
Crustacea	No
Eggs	No
Fish	No
Lupin	No
Milk	No
Molluscs	No

Mustard	No
Nuts (Tree)	No
Almond nuts	No
Brazil nuts	No
Cashew nuts	No
Hazelnuts	No
Macadamia (Queensland) nuts	No
Pecan nuts	No
Pistachio nuts	No
Walnuts	No
Peanuts	No
Sesame Seeds	No
Soybeans	No
Sulphur Dioxide and Sulphites	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 198kcal / 826kJ

Nutrient	per 100g	RI per 100g
Energy (kJ)	826 kJ	10%
Energy (kcal)	198 kcal	10%
Fat	10 g	14%
of which Saturates	0.8 g	4%
Carbohydrate	17 g	7%
of which Sugars	6.8 g	8%
Fibre	6.8 g	
Protein	6 g	12%
Salt	0.93 g	16%
Sodium	372 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 tray and cook for 8-10 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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