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Beetroot Falafel 1kg (2 x 1)

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PRODUCT DESCRIPTION

Vibrant falafel balls made with chickpeas and beetroot, blended with lively 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	GF5029
Product Type	Food
Product Category	Other Vegetarian & Vegan Alternatives
Storage Type	Frozen
Erudus ID	afa0d37820134c618f82e866862e4ccd
Specification Type	Alternatives (Vegetarian and Vegan)



Inner Component GTIN	5036829756861
Outer Case GTIN	05036829756878



INGREDIENTS

Ingredient Declaration
Beetroot (31%), Chickpeas (31%), Red Pepper, Potato Flake, Onion, Rapeseed Oil, Garlic Puree (Water, Garlic Granules), Ground Coriander, Ground Cumin, Lemon Juice from Concentrate (Concentrated Lemon Juice, Water), Paprika, Salt, Chilli Flakes.

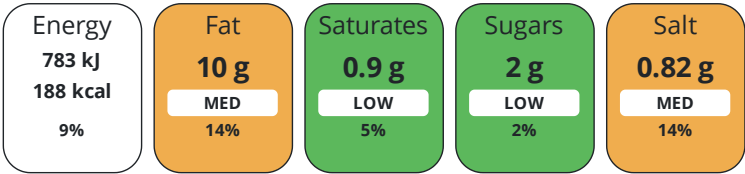
ALLERGENS

Product Contains:

Celery/Celeriac	No	Mustard	No
Cereals Containing Gluten	No	Nuts (Tree)	No
Barley	No	Almond nuts	No
Oats	No	Brazil nuts	No
Rye	No	Cashew nuts	No
Wheat (including Spelt and Khorasan)	No	Hazelnuts	No
Crustacea	No	Macadamia (Queensland) nuts	No
Eggs	No	Pecan nuts	No
Fish	No	Pistachio nuts	No
Lupin	No	Walnuts	No
Milk	No	Peanuts	No
Molluscs	No	Sesame Seeds	No
		Soybeans	No
		Sulphur Dioxide and Sulphites	No
Vegan Diet	Suitable for	Vegetarian Diet	Suitable for
Halal Diet	No	Kosher Diet	Suitable for

NUTRITIONAL
INFORMATION

Each 100g/ml portion contains:



of your reference intake.

Typical values per 100g/ml : Energy 188kcal / 783kJ

Nutrient	per 100g	RI per 100g
Energy (kJ)	783 kJ	9%
Energy (kcal)	188 kcal	9%
Fat	10 g	14%
of which Saturates	0.9 g	5%
Carbohydrate	15 g	6%
of which Sugars	2 g	2%
Fibre	6.6 g	
Protein	5.7 g	11%
Salt	0.82 g	14%
Sodium	328 mg	

Serving Size0 g

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 OriginUnited Kingdom

Additional Origin Details

United Kingdom

Origin of the Primary Ingredient

CONTACT
INFORMATION

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