

Product: **Beetroot Falafel 1kg**

Product Code:

Brand: **Gosh**

GFS029

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:	5036829756861	Barcode Outer:	05036829756878		
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 and beetroot - simply blended with lively spices and baked.						
Ingredients:	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.						
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	783
Suitable for Vegans	Yes	Egg / Derivatives	No	Kcals	188
Suitable for Coeliacs	Yes	Soya	No	Fat (g)	10
Halal Approved	No	SO ₂ /Sulphites >10ppm	No	<i>of which saturates (g)</i>	0.9
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)	15
Hydrogenated Fats	No	Peanuts / Derivatives	No	<i>of which sugars (g)</i>	2.0
GM Ingredients/Derivatives	No	Fish	No	Fibre (g)	6.6
MSG	No	Crustaceans / Shell Fish	No	Protein (g)	5.7
Gluten as added Ingredient	No	Other Nuts	No	Sodium (g)	0.328
Wheat & Wheat Derivatives	No	Lupin / Derivatives	No	<i>expressed in salt (g)</i>	0.82
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 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.

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Product & Packaging

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Lifestyle:



Outer Case:



Goshi GFS029
Beetroot Falafel 19g 2 x 1,000g
INGREDIENTS: Beetroot (31%), Chickpeas (31%), Red Pepper, Potato Flake, Onion, Rapeseed Oil, Garlic, Pure Chives, Garlic Granules), Ground Coriander, Ground Cumin, Lemon Juice from Concentrate, (Concentrated Lemon Juice, Water), Paprika, Salt, Cashew Nuts, which contains 0.5g of which higher 2.0g, Fibre 6.0g, Protein 9.7g, Salt 0.82g
NUTRITIONAL INFORMATION: Typical Values per 100g Energy 783kJ, Energy 186kcal, Fat 10.5g of which saturates 0.5g, Carbohydrate 15.0g of which sugars 2.0g, Fibre 6.0g, Protein 9.7g, Salt 0.82g
STORAGE: Keep in the freezer at -18°C or below. Defrost thoroughly in the fridge and use within 2 days. Once defrosted do not refreeze.
COOKING INSTRUCTIONS: From Frozen: Preheat oven to 200°C, 180°C (fan). Gas mark 6. Bake evenly on tray and cook for 20-25 mins. Ensure pairs for better heating. Microwave (1500W) for 20-25 mins. If heating once defrosted, cooking time will need to be reduced. Substitutes may vary.
BEST BEFORE: 2025/24
BATCH NUMBER: 0020042355
Goshi Food Ltd
Maidstone Road, Kingston
Milton Keynes, MK10 0ED
Or Goshi Food Ltd, 29 Harcourt
Street, Darnley



0110 5036829 75687 8 (15) 240423

Product: Beetroot Falafel 1kg

Packaging Continued

Product Code:

GFS029

Inner Pack/Case:



Combination:



Product: Beetroot Falafel 1kg

Packaging Continued

Product Code:

GFS029

Inner Label:

GOSHI FOODS 435mm x 220mm FROZEN CUTTER



Outer Case Line Drawing:

