

Van Lang 201002 - Falafel Vegan



A classic combination of chickpeas, onion, garlic, herbs & spices hand rolled into a .9 oz fritter. Deep fry from frozen in 350F oil for 3-4 minutes. Internal temperature must reach 165F as measured by a food thermometer.



* Benefits

A classic combination of chickpeas, onion, garlic, herbs & spices hand rolled into a .9 oz fritter.

Ingredients

Garbanzo Beans, Onions, Flour (bleached wheat flour, malted barley flour, potassium bromate. Contains: wheat), Parsley, Garlic, Salt, Lime Juice, Cumin, Coriander, Soybean Oil. CONTAINS: WHEAT, SOY.

Allergens

Contains:



Free From:



Nutrition Facts

Servings per Container **50** 4.0PC (4H87) Serving size

Amount per serving Calories

110

% Dai	ly Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 640mg	26%
Total Carbohydrate 21g	7%
Dietary Fiber 4g	16%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 37mg	4%
Iron 2mg	10%
Potassium 169mg	6%

* The % Daily Value (DV) tells you how much a nutrient in

a day is used for general nutrition advice.

a serving of food contributes to a daily diet. 2,000 calories

Handling Suggestions

Keep frozen in -20F until ready to cook.

Serving Suggestions

Deep fry from frozen in 350F oil for 3-4 minutes. Internal temperature must reach 165F as measured by a food thermometer.

Prep & Cooking Suggestions

Deep fry from frozen in 350F oil for 3-4 minutes. Internal temperature must reach 165F as measured by a food thermometer.

Product Specifications

Brand	Manufacturer
Van Lang	Van Lang Foods

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
	901002	201002	00813945024112		200/0.90 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
12.2lb	11.2lb	United States	No	

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
14in	9.5in	8.63in	0.66ft3	13x10	237days	-5°F / -2°F





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Nutrition Analysis - By Measure

Calories	110	Total Fat	1g	Sodium	640mg
Protein	4	Trans Fats	0g	Calcium	37mg
Total Carbohydrates	21g	Saturated Fat	0g	Iron	2mg
Sugars	0g	Added Sugars	0g	Potassium	169mg
Dietary Fiber	4g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

O A	Additional Images						

