



Afia

234233 - Raw Falafel Dough

Afia's falafel is made with simple ingredients: soaked chickpeas, non-irradiated spices and baking soda. They are vegan, gluten-free and made from Non-GMO Project Verified ingredients that are ready to heat & serve.



Nutrition Facts

58 Servings Per Container

Serving size **3.0PC (3H87)**

Amount per serving
Calories 130

% Daily Value*

Total Fat 2 g	3%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 360 mg	16%
Total Carbohydrate 23 g	8%
Dietary Fiber 4 g	14%
Total Sugars 4 g	
Includes 0 g Added Sugar	0%
Protein 7 g	
Vitamin D 0 mcg	0%
Calcium 20 mg	2%
Iron 2.3 mg	15%
Potassium 270 mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

* Benefits

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Ingredients

garbanzo beans, water, onion, baking soda, salt, cilantro, cumin, parsley, garlic, cayenne pepper

⚠ Allergens

May Contain:



Free From:



Handling Suggestions

Frozen---

Serving Suggestions

Cook/Heat thoroughly to ensure internal temperature reaches 165F or more

Prep & Cooking Suggestions

- From frozen thaw in refrigerator/cooler
- Form desired shaped/size and place falafel in fryer
- Fry at 365F for 4 - 6 minutes until golden brown - times and temperatures are based on falafel depth of 1.75cm - for larger/deeper falafel temp and time must be adjusted and internal temperature must reach 165F or more.
- Cook/Heat thoroughly to ensure internal temperature reaches 165F or more

📄 Product Specifications

Brand	Manufacturer
Afia	Afia LLC

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
	FS-BFD	234233	10850002949046		2/5 LB

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
11 lb	10 lb	United States of America	No	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
10 in	10 in	4.5 in	0.26 ft3	16x11	475 days	-5 °F / -2 °F



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Nutrition Analysis - By Measure

Calories	130	Total Fat	2 g	Sodium	360 mg
Protein	7	Trans Fats	0 g	Calcium	20 mg
Total Carbohydrates...	23 g	Saturated Fat	0 g	Iron	2.3 mg
Sugars	4 g	Added Sugars	0 g	Potassium	270 mg
Dietary Fiber	4 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0 mg		
Vitamin A(U)		Vitamin D	0 mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

