



Afia

# 234254 - Traditional Falafel

Afia Falafel is made with simple ingredients: soaked chickpeas, non-irradiated spices and baking soda. They can enjoyed as a snack, in a wrap, on a tapas platter.



## Nutrition Facts

Servings per Container 36  
Serving size 3.0PC (3H87)

Amount per serving  
**Calories 170**

	% Daily Value*
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 1g	5%
Trans Fat	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 360mg	<b>16%</b>
<b>Total Carbohydrate</b> 22g	<b>8%</b>
Dietary Fiber 4g	14%
Total Sugars 3g	
Includes 0g Added Sugar	0%
<b>Protein</b> 7g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 2.4mg	13%
Potassium 250mg	5%

\* 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

Our 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.

#### Ingredients

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

#### ⚠ Allergens

##### Free From:



### Handling Suggestions

Keep frozen

### Serving Suggestions

Straight from frozen - fry at 365F for 4.5 - 5 minutes until golden brown.

### Prep & Cooking Suggestions

**BAKING** (Oven, toaster convection): Heat the oven to 425F, bake for 10-12min  
**FRYER:** Thaw Falafel from frozen in cooler, fry at 375F for 2min  
Cooking appliances vary. These instructions are given only as a guide. Ensure that the product is hot and internal temperature reaches 165F or 74C before serving

### 📄 Product Specifications

Brand	Manufacturer	Product Category
Afia	Afia LLC	

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
	FS-BFL-LG	234254	10850002949091		2/3 LB

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
6.5lb	6lb	United States	No	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
10in	10in	4.5in	0.26ft3	16x14	475days	-2°F / -5°F



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### Nutrition Analysis - By Measure

Calories	170	Total Fat	7g	Sodium	360mg
Protein	7	Trans Fats		Calcium	20mg
Total Carbohydrates...	22g	Saturated Fat	1g	Iron	2.4mg
Sugars	3g	Added Sugars	0g	Potassium	250mg
Dietary Fiber	4g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(U)		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

### Additional Images

