



Global Village Foods

# 35691 - Falafel Gluten Free



Allergy Friendly FALAFEL, with Spiced Sunflower Seed Tahini - This is a Sesame Free & Gluten free Vegan version of a well known Mediterranean favorite, which is Crunchy outside, moist inside , bursting with rich traditional aromatic spices and fragrant flavors.



## Nutrition Facts

Servings per Container 1  
Serving size 6.00Z (6oz)

Amount per serving  
**Calories 430**

	% Daily Value*
<b>Total Fat</b> 20g	<b>26%</b>
Saturated Fat 2g	10%
Trans Fat	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 390mg	<b>17%</b>
<b>Total Carbohydrate</b> 54g	<b>20%</b>
Dietary Fiber 14g	50%
Total Sugars 8g	
Includes 2g Added Sugar	4%
<b>Protein</b> 15g	
Vitamin D 0mcg	0%
Calcium 140mg	11%
Iron 5.8mg	32%
Potassium 600mg	13%

\* 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

Allergy Friendly FALAFEL, with Spiced Sunflower Seed Tahini - This is a Sesame Free & Gluten free Vegan version of a well known Mediterranean favorite, which is Crunchy outside, moist inside , bursting with rich traditional aromatic spices and fragrant flavors. Great as a satisfying snack, as the centerpiece of a sandwich wrap or add a big salad or side dish for a quick hearty and healthy meal. It is served with our own Spiced Sunflower Tahini sauce which uses toasted sunflower seed instead of sesame to deliver a subtle dip with a slight kick, to add one more layer of flavor to however the disk is enjoyed. VEGAN GLUTEN FREE NUT FREE

### Ingredients

Chickpeas, Water, Onion, Sunflower Seeds, Rice Flour, Canola Oil, Rice Vinegar, Flaxseed, Garlic, Arrowroot Starch, Lime Juice, Parsley, Coriander, Oil, Sunflower, High Oleic (70% And Over), Sugar, Black Pepper, Cumin, Salt, Baking Soda, Marjoram, Cayenne Pepper, Oregano, Cumin Seed

### Allergens

#### Free From:

- crustaceans
- eggs
- fish
- milk
- peanuts
- soy
- tree nuts
- wheat

### Handling Suggestions

Keep refrigerated to 7 day use by date applied by point of purchase retail outlet.

### Serving Suggestions

Heat and serve as a snack, a quick lunch or add a salad or side dish to make a full meal

### Prep & Cooking Suggestions

OVEN- heat to taste on oven safe pan or sheet and heat a 375 fro 5 to 7 minutes  
MICROWAVE - heat to taste on safe dish for 30 to 60 seconds. Add more time as desired

### Product Specifications

Brand	Manufacturer	Product Category
Global Village Foods	Global Village Foods	

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
860028000525	FLFL	35691	10860028000522		12/6 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
5.2lb	4.2lb	United States	No	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
14in	10in	8in	0.65ft3	12x10	270days	-2°F / -5°F



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## Nutrition Analysis - By Measure

Calories	430	Total Fat	20g	Sodium	390mg
Protein	15	Trans Fats		Calcium	140mg
Total Carbohydrates...	54g	Saturated Fat	2g	Iron	5.8mg
Sugars	8g	Added Sugars	2g	Potassium	600mg
Dietary Fiber	14g	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-1 2	
Monosodium		Sulphites		Nitrates	

## Additional Images

