



Franklin Farms  
37240 - Falafel Balls

Falafel Balls  
Heat\_And\_Serve - Oven: Preheat Oven To 350F. Place Frozen In Single Layer On Ungreased Baking Sheet And Bake For 14 To 16 Minutes.  
Microwave: Arrange 4 To 6 Frozen Falafel Balls On Microwave Safe Plate. Microwave On High For 2 Minutes.



\* Benefits

Falafel Balls  
Heat\_And\_Serve  
Oven: Preheat Oven To 350F. Place Frozen In Single Layer On Ungreased Baking Sheet And Bake For 14 To 16 Minutes.  
Microwave: Arrange 4 To 6 Frozen Falafel Balls On Microwave Safe Plate. Microwave On High For 2 Minutes. (Microwave Times Will Vary.)  
Stove Top: Heat Skillet On Stove Top With 3-4 Tbsp. Vegetable Oil. Place Defrosted Falafel Balls In Pan And Cook For 6-8 Minutes Over Medium Heat, While Turning Falafels To Brown Evenly.

Ingredients

Chickpeas, Oats, Zucchini, Onion, Olive Oil, Cilantro, Sea Salt, Rice Vinegar, Garlic, Methylcellulose, Spices.

⚠ Allergens

Free From:

- crustaceans eggs fish milk  
 peanuts soy tree nuts wheat

Nutrition Facts

Servings per Container	0
Serving size	3.0EA (3EA)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 0.5g	3%
Trans Fat	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 7g	25%
Total Sugars 5g	
Includes 0g Added Sugar	0%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 16mg	1%
Iron 3mg	17%
Potassium 650mg	14%

\* 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.

Handling Suggestions

keep frozen

Serving Suggestions

Heat\_And\_Serve - Oven:

Prep & Cooking Suggestions

Heat\_And\_Serve - Oven:

✎ Product Specifications

Brand		Manufacturer		Product Category		
Franklin Farms		Dot Foods Frozen				
UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.	
	714426	37240	10705723720019		1/10 LB	
Gross Weight		Net Weight	Country of Origin	Kosher	Child Nutrition	
11.25lb		10lb	United States	No		
Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
14in	9.5in	5.5in	0.42ft3	12x11	180days	-2°F / -5°F



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Nutrition Analysis - By Measure

Calories	230	Total Fat	6g	Sodium	160mg
Protein	11	Trans Fats		Calcium	16mg
Total Carbohydrates...	37g	Saturated Fat	0.5g	Iron	3mg
Sugars	5g	Added Sugars	0g	Potassium	650mg
Dietary Fiber	7g	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-12•	
Monosodium		Sulphites		Nitrates	

Additional Images

