



# Cauliflower falafel

WEIGHT PER UNIT APPROX. 19 G



## Packaging

ART.-NO.	8982
PER CARTON	2 x 2.0 kg (Bag)
CARTONS PER PAL./LAYER	117/9
EAN INDIV. PACKAGE	4006934 898207
EAN OUTER PACKAGE	4006934 898214
MDD	18 months









### INFO

Made from cauliflower and chickpeas, refined with sesame and mint, unmoulded, pre-fried and deep-frozen.

### INGREDIENTS

Cauliflower 58 %, chickpea flour 10 %, rapeseed oil, cooked chickpeas (water, chickpeas) 7.5 %, potato flakes, onions, SESAM 2.6 %, mint 1 %, sea salt, spices.

## Contents

-  No hardened fats
-  No preservatives
-  No artificial colouring
-  No natural colouring
-  lactose-free
-  gluten-free
-  Vegetarian
-  Vegan



## Nutrition

ENERGY	705 kJ / 169 kcal	CARBOHYDRATE	13,1 g
FAT	9,2 g	OF WHICH SUGARS	2,2 g
OF WHICH SATURATES	0,9 g	PROTEIN	5,9 g
		SALT	1,14 g



## Preparation

### STEAMER OVEN

Preheat steamer oven (hot air) to 190 °C. Bake the frozen product on a standard gastro tray for about 14 minutes.

### OVEN (TOP/BOTTOM HEAT)

Preheat oven (top and bottom heat) to 200 °C. Bake the frozen product on a baking tray with baking paper for about 18 minutes.

### OVEN (CIRCULATING AIR)

Preheat oven (circulating air) to 200 °C. Bake the frozen product on a baking tray with baking paper for about 18 minutes.

Preheat the hot air fryer to 180 °C. Bake the frozen product for approx. 12 minutes. Shake the deep-frying basket several times in between.