

mega
meatless
FALAFEL

The authentic Middle Eastern flavor

A high-quality product with an authentic taste inspired by the flavors of the Egyptian cuisine. A unique choice for falafel lovers, made of oriental spices along with the purest ingredients.

**100% PLANT
BASED FOOD**



GLUTEN FREE



SOY FREE



No Added Preservatives



Source of Protein



No Added Hormones



Source of Iron



HIGH IN FIBER



NON-GMO



No Added Antibiotics



Cholesterol Free



VEGAN

FOOD SERVICE

THE AUTHENTIC MIDDLE EASTERN FLAVOR



Ingredients: Chickpeas, water, onion, sea salt, parsley, coriander seeds and leaves, garlic, corn starch, ground cumin seeds, dried guajillo pepper, black pepper, cayenne pepper, bamboo fiber, emulsifiers (methyl cellulose), raising agent (sodium carbonate).

TASTE THE HEALTHY WAY

Code	40.5.101
Description	MEGA MEATLESS FALAFEL FROZEN
Unit UPC	
Case UPC	5200111406554
Units / Case	1,058oz x 240pcs
Case Weight	15.86
TiHi	13x7
Cases Per Pallet	91
Shelf Life (Days)	420

Nutrition Facts

Serving size 3 pieces (90g)

Amount per serving
Calories 130

% Daily Value*

Total Fat 3.4g 5%

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 460mg 20%

Total Carbohydrate 17g 6%

Dietary Fiber 7g **25%**

Total Sugars 1.5g

Includes 0g Added Sugars **0%**

Protein 8g

Vit. D 0mcg 0% • Calcium 52mg 4%

Iron 2mg 11% • Potas. 389mg 8%

* 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.



Recipes and cooking ideas

