



Chickpea based 1oz. meatless falafel with Oats, Zucchini and spices.

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

Cooking Guidelines:

Oven: Preheat oven to 350°F. 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.

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.

Deep Deep Fry: If frozen, defrost balls in refrigerator. Heat oil in a deep skillet until 350°F. Add balls and cook 2-3 minutes.

NOTE: Product should always be cooked to minimum internal temperature of 165° F. Keep Frozen.

Nutritional Values are calculated from USDA Nutrient Database, supplier information, and/or analysis.

Case UPC: 705723720012
 DOT #714426



Pack: 10 lb Case
 Gross weight: 11.25 lbs
 Item #: FAL10
 LxWxH: 14" x 9.5" x 5.75"
 Ti/Hi: 12x11

Nutrition Facts

About 53 servings per container

Serving size 3 Pieces (85g)

Amount per serving

Calories 230

% Daily Value*

Total Fat 6g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 7g	24%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 11g	21%
Vitamin D 0mcg	0%
Calcium 16mg	0%
Iron 3mg	15%
Potassium 650mg	15%

*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.

Serving Suggestions

Add some variety to meatball night with our Falafel Balls, a Mediterranean delicacy with chickpeas, zucchini, onions and a chili spice blend.

Enjoy with rice, on a salad or folded into a pita with tzatziki sauce!



Recipe

Falafel Balls with Couscous & Tzatziki Sauce

Easy weeknight meal idea!

Ingredients:

Falafel Balls, Box of Couscous, Lemon, Dairy Free Yogurt, Cucumber, Garlic, Red Onion, Salt & Pepper

Directions:

Prepare couscous according to package directions. While couscous is cooking, add the juice of 1\2 a lemon (save the other half for the tzatziki) and stir. Prepare Falafel Balls according to package directions.

Prepare tzatziki sauce by combining 1 cup of yogurt, 1 finely grated cucumber, 1 minced garlic clove, lemon juice and salt & pepper together in a bowl.

Serve Falafel Balls with couscous, drizzle of tzatziki sauce and freshly sliced cucumber and red onion. Enjoy!