

25301 | Everyday Favourites | 1-24Ea

Everyday Favourites Falafel & Spinach Quarter Pounder

A delicately spiced Middle Eastern style snack made from a blend of chickpeas, onion and spinach. Ideal for serving on vegetarian menus, a great alternative to vegetable burgers. Quick and easy to prepare - simply ovenbake or deep fry from frozen in minutes.



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Description

Legal Product Name	Falafel burgers made from chickpeas, onion and spinach, seasoned with coriander, chilli and turmeric
Unique Marketing Statement	A delicately spiced Middle Eastern style snack made from a blend of chickpeas, onion and spinach. Ideal for serving on vegetarian menus, a great alternative to vegetable burgers. Quick and easy to prepare - simply ovenbake or deep fry from frozen in minutes.
Brand Name	Everyday Favorites
Country of Origin	United Kingdom

Ingredients

Ingredients	Onions (39%), Chickpeas (32%), Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Spinach (9%), Rapeseed Oil, Cumin, Salt, Garlic Purée (Garlic, Acidity Regulator: Citric Acid), Ground Coriander, Coriander Leaf, Chilli Powder, Concentrated Lemon Juice, Stabiliser: Methylcellulose; Black Pepper, Turmeric.
Is the product made from at least 65% British ingredients?	No
Contains GM Ingredients	No

Nutrition

Servings per Consumer Unit (Inner)	24
Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	715 kJ
Energy (Kilocalories)	171 kcal
	7.2 g
	1.3 g
Carbohydrate	18.2 g
Sugars	1.9 g
Dietary Fibre, Total	3.8 g
Protein, Total	6.4 g
Salt	0.5 g
Sodium	214 mg

Allergens

Cereals containing Gluten (and products thereof)	Contains
Wheat (as an ingredient)	Contains
Rye (as an ingredient)	Does NOT Contain
Barley (as an ingredient)	Does NOT Contain
Oats (as an ingredient)	Does NOT Contain
Crustaceans (and products thereof)	Does NOT Contain
Egg and Egg Products	Does NOT Contain
Fish and Fish Products	Does NOT Contain
Peanut and Peanut Products	Does NOT Contain
Soybean and Soybean Products	Does NOT Contain
Milk and Milk Products	Does NOT Contain
Tree Nuts (and products thereof)	Does NOT Contain
Almonds (as an ingredient)	Does NOT Contain
Hazelnuts (as an ingredient)	Does NOT Contain
Walnuts (as an ingredient)	Does NOT Contain
Cashews (as an ingredient)	Does NOT Contain
Pecan nuts (as an ingredient)	Does NOT Contain
Brazil nuts (as an ingredient)	Does NOT Contain
Pistachio nuts (as an ingredient)	Does NOT Contain
Macadamia or Queensland nuts (as an ingredient)	Does NOT Contain
Celery / Celeriac (and products thereof)	Does NOT Contain
Mustard (and products thereof)	Does NOT Contain
Sesame Seeds and Sesame Seed Products	Does NOT Contain
Sulphur Dioxide and Sulphites (>10mg/kg)	Does NOT Contain
Lupin (and products thereof)	Does NOT Contain
Molluscs (and products thereof)	Does NOT Contain

Dietary Information

Halal Certified	No
Kosher Certified	No
Suitable for Vegan	Yes
Suitable for Vegetarian	Yes
Organic Certificate	No Organic certificate
Can any Ethical or Fairly traded claims be made?	No ethical or fairtrade claim
Can any other sustainability claims be made for this product?	None
Does any other assurance scheme apply to this product?	No assurance scheme

Preparation Suggestions

Is the product ready to eat?	No
Reconstitution Instructions	cook from frozen
Oven From Frozen	Preheat oven to 200°C/400°F. Place on a wire rack over a baking tray and cook for approximately 20 minutes. For fan assisted ovens, cooking time should be reduced.
Fry From Frozen	Fry in hot oil or fat (180°C/360°F) for approximately 4 minutes. Drain well before serving.

Packaging

Do you have any packaging environmental claims?

No environmental packaging claim