

45202 | Everyday Favourites | 60-25g

Everyday Favourites Pea & Mint Falafel

Vegetarian Society Approved

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Description

Legal Product Name	Falafel made with peas, chickpeas, spinach and mint.
Unique Marketing Statement	Vegetarian Society Approved
Brand Name	Everyday Favourites
Country of Origin	United Kingdom

Ingredients

Ingredients	Peas (34%), Onions, Chickpeas (17%), Spinach (17%), Rapeseed Oil, Rice Flour, Potato Powder, Cumin, Garlic Purée (Garlic, Acidity Regulator: Citric Acid), Salt, Pea Fibre, Raising Agent: Sodium Carbonates; Stabiliser: Methyl Cellulose; Yeast Extract, Concentrated Lemon Juice, Mint, Sugar, Flavouring, Black Pepper.
Is the product made from at least 65% British ingredients?	No
Contains GM Ingredients	No

Nutrition

Servings per Consumer Unit (Inner)	3
Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	628 kJ
Energy (Kilocalories)	151 kcal
	7.6 g
	0.6 g
Carbohydrate	12.8 g
Sugars	1.9 g
Dietary Fibre, Total	5.7 g
Protein, Total	4.9 g
Salt	0.83 g
Sodium	329 mg

Allergens

Cereals containing Gluten (and products thereof)	Does NOT Contain
Wheat (as an ingredient)	Does NOT Contain
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	Remove all packaging. Preheat oven to 200°C/Fan 180°C/400F/Gas Mark 6. Place on a baking tray and cook for 18-20 minutes. Ensure food is piping hot before serving
Fry From Frozen	Deep Fry: Fry in hot oil @ 170°C for 5-6 minutes. Drain well before serving. Ensure food is piping hot before serving.

Packaging

Do you have any packaging environmental claims?

No environmental packaging claim