



Falafel

All natural, tasty and nutritious.

KASABAH Falafel are protein-rich, high in fiber and are made with fresh vegetables in true Mediterranean style.

- Serve as an appetizer with tahini or tzatziki sauce.
- Enjoy as a healthy protein in a traditional pita.
- Enhance a menu with a delicious and unique vegetarian slider.
- Add as a topper to any fresh salad.



Crisp Outside . . .

. . . Soft & tender Inside



Falafel (pre-cooked)

Nutrition Facts

Serving Size: 3 oz
(approx 2 patties)

Calories	138
Cals from Fat	68
Total Fat	8 g
Saturated Fat	1 g
Trans Fat	0 g
Cholesterol	0 g
Sodium	389 mg
Total Carbs	14 g
Dietary Fiber	4 g
Sugars	2 g
Protein	4 g



GLUTEN FREE



VEGETARIAN

Packaging/Shipping: Frozen; Pre-Cooked

Ingredients: Chickpeas (garbanzo beans), parsley, onion, fresh peppers, garlic, salt, baking soda, spices, rice bran oil.

Cooking Instructions: Best to thaw before reheating. Reheat thawed falafel in 350° oven on lined tray for 3to 4 minutes. If frozen, 7-9 minutes. Can also be reheated in microwave.

<u>Mfg #</u>	<u>Pack Size</u>	<u>Pieces per Lb</u>	<u>Case Dimension</u>	<u>Net Wgt</u>	<u>Ship Wgt</u>
402	4 / 2.25 Lb	10 – 11	12x12x8	9 Lbs	10 Lbs