



A Pure Mediterranean Foods Company

Form NPD-001-E

Version: 7  
Supersedes: 9.6.19

## 00260 Pre-Cooked Falafel Pucks Product Specification

<b>Product Name:</b> Falafel Pucks		<b>Product Code:</b> 00260																																												
<b>External UPC:</b> 0-00-75365-00260-0	<b>Internal UPC:</b> None	<b>Internal Product Code:</b> RSL00260																																												
<b>Case Packing:</b> 4 – 4 lb. bags	<b>Net Weight:</b> 16 lbs.	<b>Shipping Weight:</b> 17.4 lbs.																																												
<b>Case Cube:</b> 0.69		<b>Storage Temp:</b> Keep Frozen (10°F or below)																																												
<b>Approximate Portion Size:</b> 3 pucks (85 g)		<b>Approximate Portions Per Case:</b> 86																																												
<b>Case Dimensions:</b> Length: 18" Width: 11" Height: 6"		<b>Pallet Dimensions:</b> Tie: 8 High: 9 Total Cases Per Pallet: 72																																												
<b>Kosher:</b> No	<b>Thawed Shelf Life:</b> 7 days	<b>Frozen Shelf life:</b> 365 days																																												
<b>Description:</b> Falafel shaped into pucks pre-fried and then frozen. All you need to do is reheat the falafel pucks and serve. The perfect appetizer just serve with Tzatziki sauce on the side. Approximately 260 pucks per case.																																														
<b>Ingredient Statement:</b>	<p>Soaked Chickpeas, Parsley, Cilantro, Onions, Garlic, Jalapeno Peppers, Salt and Spices, Soybean or Canola Oil.</p> <p><b>May Contain: Soy</b></p> <p>All food ingredients contained in this product are approved for use in a regulation of the Food and Drug Administration CFR Title 21 or are listed as generally recognized as safe.</p>																																													
	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Amount/serving</th> <th style="text-align: right;">% Daily Value*</th> <th style="text-align: left;">Amount/serving</th> <th style="text-align: right;">% Daily Value*</th> </tr> </thead> <tbody> <tr> <td><b>Total Fat</b> 8g</td> <td style="text-align: right;"><b>12%</b></td> <td><b>Total Carbohydrate</b> 27g</td> <td style="text-align: right;"><b>10%</b></td> </tr> <tr> <td>Saturated Fat 0g</td> <td style="text-align: right;">0%</td> <td>Dietary Fiber 8g</td> <td style="text-align: right;">29%</td> </tr> <tr> <td>Trans Fat 0g</td> <td style="text-align: right;">0%</td> <td>Total Sugars 5g</td> <td style="text-align: right;">10%</td> </tr> <tr> <td>Monounsaturated Fat 0g</td> <td style="text-align: right;">0%</td> <td>Includes 0g Added Sugars</td> <td style="text-align: right;">0%</td> </tr> <tr> <td>Cholesterol 0mg</td> <td style="text-align: right;">0%</td> <td><b>Protein</b> 8g</td> <td style="text-align: right;"><b>16%</b></td> </tr> <tr> <td><b>Sodium</b> 570mg</td> <td style="text-align: right;"><b>25%</b></td> <td></td> <td></td> </tr> <tr> <td><b>Calories</b> 220</td> <td></td> <td>Vitamin D 0mcg</td> <td style="text-align: right;">0%</td> </tr> <tr> <td>per serving</td> <td></td> <td>Potassium 0mg</td> <td style="text-align: right;">0%</td> </tr> <tr> <td></td> <td></td> <td>Calcium 52mg</td> <td style="text-align: right;">4%</td> </tr> <tr> <td></td> <td></td> <td>Iron 1.8mg</td> <td style="text-align: right;">10%</td> </tr> </tbody> </table> <p style="font-size: small; margin-top: 5px;">*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a diet is used for general nutrition advice.</p>		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	<b>Total Fat</b> 8g	<b>12%</b>	<b>Total Carbohydrate</b> 27g	<b>10%</b>	Saturated Fat 0g	0%	Dietary Fiber 8g	29%	Trans Fat 0g	0%	Total Sugars 5g	10%	Monounsaturated Fat 0g	0%	Includes 0g Added Sugars	0%	Cholesterol 0mg	0%	<b>Protein</b> 8g	<b>16%</b>	<b>Sodium</b> 570mg	<b>25%</b>			<b>Calories</b> 220		Vitamin D 0mcg	0%	per serving		Potassium 0mg	0%			Calcium 52mg	4%			Iron 1.8mg	10%
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	<p>The presence of natural ingredients can lead to slight variations in color and analysis. These variations are not related to our standardized flavor profile. Therefore, these data should be used as a condition of sale.</p>																																													



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**Lot Coding: Shipping Container:**

**Lot Coding: Packaging Container (if applicable):**

**Year, Manufactured Date**

**Example Lot Code # 15049= February 18, 2015**

**15 (Year) 049 (Manufactured Date)**

**Microbiological Standards (if applicable):**

**APC:** <550 cfu/g

**Coliform:** <10 cfu/g

**E. coli:** <10 cfu/g

**Yeast & Mold:** N/A

**Salmonella:** Negative / 25 g

**Listeria spp:** Negative / 25 g

**Sensory Standards:**

**Appearance:** Fine granular surface, oval shaped disc

**Color:** Light golden brown

**Flavor/Aroma:** Typical of falafel flavor with no signs of spoilage or off flavor

**Texture:** Crispy external coating with moist interior core

**Chemical Standards (if applicable):**

**% Moisture:** 42%  $\pm$  1.5%

**% Salt:** 1.6%  $\pm$  0.2%

**Fat:** 10.9%  $\pm$  1.0%

**pH:** 5.84  $\pm$  .15

**Protein:** 10.2%  $\pm$  0.5%

**Finished Packaged Product Photo (if available):**



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100g Nutritional:	Nutrients		Nutrients	
		Per 100g		Per 100g
	Basic Components		Vitamin B3 - Niacin Equiv (mg)	--
	Gram Weight (g)	100.00	Vitamin B6 (mg)	--
	Calories (kcal)	260.00	Vitamin B12 (mcg)	--
	Calories from Fat (kcal)	99.00	Biotin (mcg)	--
	Calories from SatFat (kcal)	9.00	Vitamin C (mg)	--
	Protein (g)	10.00	Vitamin D - IU (IU)	--
	Carbohydrates (g)	32.00	Vitamin D - mcg (mcg)	0
	Total Dietary Fiber (g)	10.00	Vitamin E - Alpha-Toco (mg)	--
	Total Soluble Fiber (g)	--	Folate (mcg)	--
	Dietary Fiber (2016) (g)	10.00	Folate, DFE (mcg DFE)	--
	Soluble Fiber (2016) (g)	--	Vitamin K (mcg)	--
	Total Sugars (g)	6.00	Pantothenic Acid (mg)	--
	Added Sugar (g)	--	<b>Minerals</b>	
	Monosaccharides (g)	--	Calcium (mg)	52.00
	Disaccharides (g)	--	Chromium (mcg)	--
	Other Carbs (g)	--	Copper (mg)	--
	Fat (g)	11.00	Fluoride (mg)	--
	Saturated Fat (g)	1.00	Iodine (mcg)	--
	Mono Fat (g)	--	Iron (mg)	--
	Poly Fat (g)	--	Magnesium (mg)	--
	Trans Fatty Acid (g)	0	Manganese (mg)	--
	Cholesterol (mg)	0	Molybdenum (mcg)	--
	Water (g)	--	Phosphorus (mg)	--
	Ash (g)	--	Potassium (mg)	--
	Insoluble Fiber (2016) (g)	--	Selenium (mcg)	--
	<b>Vitamins</b>		Sodium (mg)	680.00
	Vitamin A - IU (IU)	--	Zinc (mg)	--
	Vitamin A - RE (RE)	--	<b>Poly Fats</b>	
	Vitamin A - RAE (mcg)	--	Omega 3 Fatty Acid (g)	--
	Carotenoid RE (RE)	--	Omega 6 Fatty Acid (g)	--
	Retinol RE (RE)	--	<b>Other Nutrients</b>	
	Beta-Carotene (mcg)	--	Alcohol (g)	--
	Vitamin B1 (mg)	--	Caffeine (mg)	--
	Vitamin B2 (mg)	--	Choline (mg)	--
	Vitamin B3 (mg)	--		

Confidential

8.5.2020 BU

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## Cooking Instructions

### Oven Baked Preparation:

- Preheat oven to 450F
- Place thawed pucks on sheet pans close to each other
- Bake for 6 min

### Fryer Preparation:

- Always cook the falafel from frozen or thawed state
- Heat oil to 325 F
- Cook for 2 to 4 minutes or until it is crispy from the outside and soft inside

### Microwave:

- Microwave falafels for 30 sec to 1 minute

