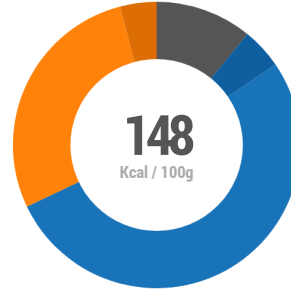


# Moroccan Falafel Meal

By Sinead Bradbury

OVERVIEW ...

U / 17894491



CALORIES:

**57% Carbs**

**10.9% Protein**

**32.1% Fat**

FOOD LABELLING...

EU Label values per 100g

Serves **1**

	PER 100G	%RI	PER 240G SERVING	%RI
Energy(Kj)	<b>641</b> kJ	8%	<b>1538</b> kJ	18%
Energy(kcal)	<b>153</b> kcal	8%	<b>366</b> kcal	18%
Fat	<b>5.3</b> g	8%	<b>13</b> g	19%
<i>of which saturates</i>	<b>0.7</b> g	4%	<b>1.6</b> g	8%
Carbohydrate	<b>21</b> g	8%	<b>51</b> g	20%
<i>of which sugars</i>	<b>1.7</b> g	2%	<b>4.1</b> g	5%
Fibre	<b>2.3</b> g	9%	<b>5.4</b> g	22%
Protein	<b>4</b> g	8%	<b>9.7</b> g	19%
Salt	<b>0.77</b> g	13%	<b>1.9</b> g	32%

CONTAINS:



WHEAT



MUSTARD

Nutri-Score



HFSS Rating  
(HFSS Pass)



NUTRIENT BREAKDOWN PER 100G...

ENERGY

Energy(kcal) 7% RI  
Energy(Kj) 7% RI

**148kcal**  
**623kJ**

LIPID COMPONENTS

Saturated Fat **3% RI**  
Monounsaturated fat 3% RI  
*cis-Mono*  
Polyunsaturated fat 3% RI  
*Omega3(n-3)*  
*Omega6(n-6)*  
*cis-Poly*  
Trans-fatty acids

**0.675g**  
**1g**  
-  
**0.5g**  
**0g**  
**0g**  
-  
-

VITAMINS

Vitamin A (ret eq) 75% RI  
*Retinol*  
*Carotene*  
Vitamin D  
Vitamin E  
Vitamin K<sub>1</sub>  
Thiamin (B<sub>1</sub>) 9% RI

**600ug**  
**0ug**  
**3605ug**  
**0ug**  
-  
**0ug**  
**0.1mg**  
**0.195mg**

MACRONUTRIENTS

Carbohydrate 8% RI  
Protein 8% RI  
Fat **8% RI**

**21.1g**  
**4g**  
**5.3g**

Water	65g	Cholesterol	0mg	Riboflavin (B <sub>2</sub> ) 14% RI	
Water from Drinks	0g			Niacin total (B <sub>3</sub> )	-
Alcohol	-			Niacin 11% RI	1.8mg
<b>MINERALS &amp; TRACE ELEMENTS</b>					
<b>CARBOHYDRATE</b>					
Starch	19.4g	Sodium 13% RI	309mg	Tryptophan	-
Oligosaccharide	-	Potassium 24% RI	470mg	Pantothenic Acid (B <sub>5</sub> )	-
Fibre 9% RI	2.3g	Chloride 59% RI	469mg	Vitamin B <sub>6</sub>	-
NSP	1.7g	Calcium 14% RI	115mg	Folates (B <sub>9</sub> ) Total	0ug
Sugars 2% RI	1.7g	Phosphorus 12% RI	83mg	Vitamin B <sub>12</sub>	0ug
Glucose	-	Magnesium 16% RI	60mg	Biotin (B <sub>7</sub> )	-
Galactose	0g	Iron 58% RI	8.1mg	Vitamin C	-
Fructose	-	Zinc 9% RI	0.925mg		
Sucrose	-	Copper	-	<b>OTHER</b>	
Maltose	0g	Manganese	-	GI (estimated)	5.8
Lactose	0g	Selenium	-	GL	1.2
		Iodine	-	Caffeine	-

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

Falafel Bites..

FALAFEL

U

80g

unchanged

Curleys Hidden Veg Curry Sauce..

HIDDEN VEG CURRY SAUCE

U

60g

2 x tablespoon

unchanged

Mixed Veg Rice April '26..

RICE

U

100g

unchanged

PORTIONS / PACK SIZES ...

1 Serving



240g / 366kcal

INGREDIENT LIST (QUID) ...

Rice (41.7%) [Rice 65%, Sweetcorn 15%, Peas 15%, Red Peppers 5%], Falafel (33.3%) [Chick Peas (60%), **Wheat** Semolina, Vegetable Oils (Rapeseed Oil, Sunflower Oil), Onion, Parsley, Corn Starch, Salt, Spices, Baking Agent Sodium Bicarbonate], Hidden Veg Curry Sauce (25%) [Curcuma, Coriander, Ginger, Paprika, Fenugreek Seed, Caraway, Onion, Nutmeg, Galangal, Garlic, Fennel, Allspice, Rosemary, Cinnamon, Chilli, Cumin, Black Pepper, Salt, Potato Starch, Tomato, Lemon Juice, **Mustard SEED(Mustard)**], Carrot, Swede, Onion Chicken Bouillon(Sea Salt, Chicken Fat, Onion, Parsnip, Carrot, Garlic, Rosemary, Mushroom, Coriander, Turmeric, Pepper, Fennel, Fenugreek Seed, Cumin, Ginger, Paprika, Cinnamon, Chilli]

**ALLERGY ADVICE:** For allergens, see ingredients in **Bold**

COOKING INSTRUCTIONS & NOTES

INGREDIENTS

METHOD

No Cooking Instructions

**60g** Hidden Veg Curry sauce (2 x  
tablespoon)

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**80g** Falafel

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**100g** Rice