



Nutrition Facts

Serving Size 88g / 3.1oz (88g)
Servings Per Container about 124

Amount Per Serving

Calories 150 **Calories from Fat 45**

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 310mg **13%**

Potassium 230mg **7%**

Total Carbohydrate 21g **7%**

Dietary Fiber 5g **20%**

Sugars 4g

Protein 6g

Vitamin A 8% • Vitamin C 15%

Calcium 4% • Iron 10%

Vitamin D 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Veggie Bites!

Falafel Super Tots

Plant Protein Based-Falafel Tots

**A Delicious Plant Based Protein In Everyone's
Favorite Finger Food Shape!
All-Inclusive Menu Planning**

- ❖ Vegan
- ❖ No Allergens
- ❖ Meets Religious Dietary Needs
- ❖ Hot & Cold Menu Applications

INGREDIENTS: Garbanzo Beans, Water, Onions, Corn Oil, Dehydrated, Onion, Rice Flour, Parsley, Cilantro, Sea Salt, Mint, Garlic, (Water), Cumin, Coriander, Black Pepper.

ALLERGEN INFORMATION: None.

NSLP MEAL COMPONENTS: Each 3.1oz serving (8 /11g pieces) provides EITHER 2oz Protein OR 1/2 Cup vegetables (Subgroup - Legumes) serving for NSLP meal pattern requirements.

HEATING INSTRUCTIONS

KEEP FROZEN UNTIL READY TO PREPARE

Optimal Performance: Defrost 1 hour before cooking

DON'T DEFROST OVERNIGHT IN REFRIGERATOR

(In Order of Recommended Method):

BAKING INSTRUCTIONS:

Combi Oven: Preheat oven to 410° F and 30% humidity. Bake for 7-9 minutes until internal temperature reaches 165° F.

Convection Oven: Preheat oven to 375° F.

Bake for 7-9 minutes until internal temperature reaches 165° F.

Conventional Oven: Preheat oven to 400° F.

Bake for 8-10 minutes until internal temperature reaches 165° F.

THAWING INSTRUCTIONS: **Oven Thaw** **Conventional Oven:** Preheat to 325° F and thaw for 4-5 minutes or until internal temperature reaches 35° F. **Convection Oven:** Preheat to 300° F and thaw product for 4 minutes or until internal temperature reaches 35° F. Refrigerate once thawed. **Refrigerated Thaw:** Place product from a frozen state into the refrigerator and store for 2 hours or until internal temperature is at least 35° F.

***Cold product may be refrigerated & served up to 2 days after thaw date & time.**

Manufacturer Item #: 0504/G0413

Pack Size: Avg~ 992 pieces / 11.0g each piece

Servings/Case: Approx 124

Case Weight: 6 x 4 lb bags= 24lb cs

Fully Cooked, Frozen

Shelf Life: 365 Days



American Bean LLC certifies that all ingredient, allergen, NSLP meal pattern analyses & nutrition facts are herein correct.

Michael Spitz

Signature of Company Officer:

Signed By: Mike Spitz - Title: Vice President - Date: January 13, 2021



100 McGaw Drive
Edison NJ 08837
800-854-2449 X 123
732-225-6363 fax

Product Formulation Statement (Product Analysis) for Meat/Meat Alternate (M/MA) Products

Product Name: Falafel Super Tots (*VeggieTots*) Code #0504/G0413

Manufacturer: American Bean LLC

Case/Pack/Count/Portion/Size: Net Wt.24/Lbs/ 992 pc/ 8pc for 3.1 oz =portion size

I. Meat/Meat Alternate

Please fill out the chart below to determine the creditable amount of Meat/Meat Alternate

Description of Creditable Ingredients per Food Buying Guide (FBG)	Ounces per Raw Portion of Creditable Ingredient	Multiply	FBG Yield/ Servings Per Unit	Creditable Amount *
Dry Garbanzo Beans	1.3029 oz weight	X	24.6/16	2.003
A. Total Creditable M/MA Amount¹				2.0 oz

Creditable Amount - Multiply ounces per raw portion of creditable ingredient by the FBG Yield Information.

Total Creditable Amount must be rounded **down** to the nearest 0.25oz (1.49 would round down to 1.25 oz meat equivalent). Do **not** round up. If you are crediting M/MA and APP, you do not need to round down in box A (Total Creditable M/MA Amount) until after you have added the Total Creditable APP Amount from box B to box C.

11. Vegetable

Please fill out the chart below to determine the creditable amount of Vegetable.

Description of Creditable Ingredients per Food Buying Guide (FBG)	Ounces per Raw Portion of Creditable Ingredient	Multiply	FBG Yield/ Servings Per Unit	Creditable Amount *
Dry Garbanzo Beans	1.3029 oz weight	X	24.6/16	2.003
B. Total Creditable Vegetable Amount				2.0 oz = ½ cup Legume Vegetable

Creditable Amount - Multiply ounces per raw portion of creditable ingredient by the FBG Yield Information.

Total Creditable Amount must be rounded **down** to the nearest 0.25oz (1.49 would round down to 1.25 oz meat equivalent). Do **not** round up. If you are crediting M/MA and APP, you do not need to round down in box A (Total Creditable M/MA Amount) until after you have added the Total Creditable APP Amount from box B to box C.

Total weight (per portion) of product as purchased 3.1 ounces by weight

Total creditable amount of product (per portion): 2.0 ounces of equivalent meat alternate **OR**

(½ cup of legume vegetable (not both in the same meal.)

(Reminder: Total creditable amount cannot count for more than the total weight of product.)

I certify that the above information is true and correct and that a 3.1 ounce serving of the above product (ready for serving) contains 2.0 ounces of equivalent meat/meat alternate or 2.0 oz = ½ cup legume Vegetable when prepared according to directions.

Quarter Cup to Cup Conversions*

0.5 Quarter Cups vegetable = 1/8 Cup vegetable or 0.5 ounces of equivalent meat alternate	2.5 Quarter Cups vegetable = 5/8 Cup vegetable or 2.5 ounces of equivalent meat alternate
1.0 Quarter Cups vegetable = ¼ Cup vegetable or 1.0 ounce of equivalent meat alternate	3.0 Quarter Cups vegetable = ¾ Cup vegetable or 3.0 ounces of equivalent meat alternate
1.5 Quarter Cups vegetable = 3/8 Cup vegetable or 1.5 ounces of equivalent meat alternate	3.5 Quarter Cups vegetable = 7/8 Cup vegetable or 3.5 ounces of equivalent meat alternate
2.0 Quarter Cups vegetable = ½ Cup vegetable or 2.0 ounces of equivalent meat alternate	4.0 Quarter Cups vegetable = 1 Cup vegetable or 4.0 ounces of equivalent meat alternate

Signature of Company Officer:

Signed By: Mike Spitz - Title: Vice President - Date: January 13, 2021

American Bean LLC - 100 McGaw Drive Edison, New Jersey 08837 - Tel: 908-565-1500 - www.AmericanBean.com



January 13, 2021

American Bean LLC certifies that all ingredients, allergens, NSLP meal pattern analysis and nutrition facts herein are correct.

Sincerely,

A handwritten signature in black ink that reads "Michael Spitz". The signature is written in a cursive, flowing style.

Mike Spitz
Vice President
American Bean LLC