

# PLANT PROTEIN FOOD

*Plant Based Bean Protein  
Entrée, Appetizers & Side Dish Products.*

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➤ **Items**

- **MEDITERRANEAN STYLE FALAFEL #1002-24 (4 pc serv.)**
- **FALAFEL SUPER TOTS #0504/G0413 (8 pc. serv.)**

➤ **Menu Applications**



**Plant Protein offers your customers healthy, nutritious items that are ideal for new Mediterranean menu trends! Clean ingredients! Delicious Products!**

- **Vegan & Vegetarian**
- **No Allergens (Wheat Free)**
- **Meets Religious Dietary Needs**
- **HOT & COLD Menu Applications**



# MEDITERRANEAN STYLE FALAFEL

**Code: #1002-24      Pack: 24 lb.**

A Healthy, Plant Based Protein Source Delicious for Vegetarian & Vegan Menus No Allergens.



## Vegan & Vegetarian

- No Allergens (Wheat Free)
- Meets Religious Dietary Needs
- HOT and COLD Menu Applications

**NSLP MEAL COMPONENTS:** Each 3.1oz serving (4 / 21.9g pieces) provides EITHER 2oz M/MA Protein -OR- 1/2 Cup Vegetables (Subgroup— Legumes) serving for NSLP meal pattern requirements

## 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 22g**      **7%**

Dietary Fiber 5g      **20%**

Sugars 4g

**Protein 6g**

Vitamin A 6%      • Vitamin C 10%

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	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

## INGREDIENTS:

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

**ALLERGENS:** None



# FALAFEL SUPER TOTS

Made with  
Mediterranean Style Falafel

Code: #0504/G0413

Pack: 24 lb. - 124 serv. /3.1 oz. (8 pc.)

A Delicious Plant Based Protein In Mini Finger Food Shape All-Inclusive Menu Planning:



## Vegan & Vegetarian

- No Allergens (Wheat Free)
- Meets Religious Dietary Needs
- HOT and COLD Menu Applications

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

## Nutrition Facts

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

Amount Per Serving	
Calories 160	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 310mg	13%
Potassium 220mg	6%
Total Carbohydrate 21g	7%
Dietary Fiber 5g	20%
Sugars 4g	
<b>Protein 6g</b>	
Vitamin A 6%	• Vitamin C 10%
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

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

**ALLERGENS:** None

# PLANT PROTEIN FOOD

**Ideal Menu  
Options for**

## **Vegan & Vegetarian! Mediterranean Trends!**

**MEATLESS  
MONDAY**

**Pita Sandwich**



**Mini Falafel**



**Mini Tot Wrap**



**Falafel & Salad**



**Falafel Wraps**



## **VEGAN MEDITERRANEAN BOWL**



# PLANT PROTEIN<sub>FOOD</sub>

**DEVELOPING  
PRODUCTS FOR THE  
*FUTURE!***

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**Thank You**





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 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
<b>A. Total Creditable M/MA Amount<sup>1</sup></b>				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>B. Total Creditable Vegetable Amount</b>				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
- 1.0 Quarter Cups vegetable = ¼ Cup vegetable or 1.0 ounce of equivalent meat alternate
- 1.5 Quarter Cups vegetable = 3/8 Cup vegetable or 1.5 ounces of equivalent meat alternate
- 2.0 Quarter Cups vegetable = ½ Cup vegetable or 2.0 ounces of equivalent meat alternate
- 2.5 Quarter Cups vegetable = 5/8 Cup vegetable or 2.5 ounces of equivalent meat alternate
- 3.0 Quarter Cups vegetable = ¾ Cup vegetable or 3.0 ounces of equivalent meat alternate
- 3.5 Quarter Cups vegetable = 7/8 Cup vegetable or 3.5 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: March 26, 2018

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





March 26, 2018

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 style.

Mike Spitz  
Vice President  
American Bean LLC