# PLANT PROTINFOOD

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

Items

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

Menu Applications

PLANT PR©TEINFOOD

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

# PLANT PR©TEINFOOD

## 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

Nutri	tior	- Fa	cte
Serving Size			613
Servings Per			124
Amount Per Ser	vina		
Calories 150	) Cal	ories fron	n Fat 45
		% Da	aily Value*
Total Fat 5g			8%
Saturated	Fat 0.5g		3%
Trans Fat	0g		
Cholesterol 0mg			0%
Sodium 310mg			13%
Potassium 2	230mg		7%
Total Carbo	hydrate	22g	7%
Dietary Fil	ber 5g		20%
Sugars 4g	)		
Protein 6g			
Vitamin A 6%	· •	Vitamin (	C 10%
Calcium 4%	•	Iron 10%	
Vitamin D 0%	6		
*Percent Daily Va diet. Your daily va depending on yo	alues may b	e higher or l	
Total Fat Saturated Fat Cholesterol Sodium Potassium Total Carbohydra Dietary Fiber	Less than Less than Less than Less than	65g 20g 300mg 2,400mg 3,500 mg 300g 25g	80g 25g 300mg 2,400mg

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.

# PLANT PROTEINFOOD

## **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.

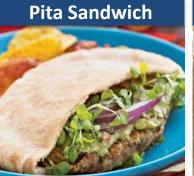
Nutri Serving Size Servings Per	88g / 3.	1oz (88g)	)
Amount Per Ser	ving		
Calories 160	) Cal	ories fror	n Fat 50
		% D	aily Value*
Total Fat 6g			9%
Saturated	Fat 1g		5%
Trans Fat	0a		
Cholesterol	- 0		0%
Sodium 310			13%
	Ů,		
Potassium 2	~		6%
Total Carbo	hydrate	21g	7%
Dietary Fil	ber 5g		20%
Sugars 4g			
Protein 6g			
Vitamin A 6%	•	Vitamin (	C 10%
Calcium 4%	•	Iron 10%	
Vitamin D 0%	6		
*Percent Daily Va diet. Your daily va depending on you	alues may b	e higher or	000 calorie lower 2,500
Total Fat Saturated Fat Cholesterol Sodium Potassium Total Carbohydra Dietary Fiber Calories per gran	Less than Less than te	65g 20g 300mg 2,400mg	80g 25g 300mg 2,400mg 3,500 mg 375g 30g

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

## Vegan & Vegetarian! Mediterranean Trends!

VEGAN MEDITERRANEAN BOWL









## Falafel & Salad

PLANT

PROTEIN

**Ideal Menu** 

**Options for** 



## Falafel Wraps



# PLANT PROTEINFOOD

# DEVELOPING PRODUCTS FOR THE *FUTURE*!

Thank You







Nutrit Serving Size 8 Servings Per C	8g / 3.1	oz (88g)	
Amount Per Servir	ng		
Calories 160	Calc	pries fron	n Fat 50
		% Da	ily Value*
Total Fat 6g			9%
Saturated Fa	at 1g		5%
Trans Fat 0g	)		
Cholesterol 0	mg		0%
Sodium 310m	g		13%
Potassium 22	0mg		6%
Total Carbohy	drate 2	21g	7%
Dietary Fibe	r 5g		20%
Sugars 4g			
Protein 6g			
11 mile A 601		Vitamin (	10%
Vitamin A 6%			
Calcium 4%	•	ron 10%	
Vitamin D 0%			
*Percent Daily Value diet. Your daily value depending on your o	es may be	higher or k	
Saturated Fat Lo Cholesterol Lo Sodium Lo Potassium Total Carbohydrate Dietary Fiber Calories per gram:	ess than ess than ess than ess than bohydrate	65g 20g 300mg 2,400mg 3,500 mg 300g 25g 4 • Prote	80g 25g 300mg 2,400mg 3,500 mg 375g 30g ein 4

# FALAFEL SUPER TOTS

## Made with Mediterranean Style Falafel

#0504/G0413 Reformulated with More Moisture.

A Delicious Plant Based Protein In Everyone's Favorite Finger Food Shape

All-Inclusive Menu Planning:

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

**INGREDIENTS:** Garbanzo Beans, Water, Onions, Corn Oil, Dehydrated Onion, Rice Flour, Parsley, Cilantro, Sea Salt, Mint, Garlic (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 (Legumes) serving for NSLP meal pattern requirements.

### HEATING INSTRUCTIONS (In Order of Recommended Method):

**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 temper-ature reaches 165° F. **Conventional Oven:** Preheat oven to 400° F. Bake for 8-10 minutes until internal temperature reaches 165° F.

**THAWING INSTRUCTIONS:** <u>Oven Thaw</u> 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. <u>Refrigerated Thaw</u>: 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 7 days after thaw date & time.\*

## CASE PACK INFORMATION:

Manufacturer Item #: 0504/G0413 Servings/Case: Approx 124 Ti/Hi: 10 x 6 Cases/Pallet: 60 Shelf Life: 365 Days Pack Size: Avg~ 992 / 11.0g Case Dimensions: 11.5 x 15.4 x 9.6 Case Weight: 24lbs Cube: .8594 UPC: 728028330175

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

michael Spoth

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



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

Product Name: Falafel Super Tots Cod

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 Amount <sup>1</sup>				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
				$2.0 \text{ oz} = \frac{1}{2} \text{ cup}$ Legume
<b>B.</b> Total Creditable Vegetable Amount				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

 $(\frac{1}{2})$  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 =  $\frac{1}{2}$  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 alternate2.5 Quarter Cups vegetable = 5/8 Cup vegetable or 2.5 ounces of equivalent meat alternate1.0 Quarter Cups vegetable = ¼ Cup vegetable or 1.0 ounce of equivalent meat alternate3.0 Quarter Cups vegetable = 3/4 Cup vegetable or 3.0 ounces of equivalent meat alternate1.5 Quarter Cups vegetable = 3/8 Cup vegetable or 1.5 ounces of equivalent meat alternate3.5 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

michael spitz

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,

michael spitz

Mike Spitz Vice President American Bean LLC